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Edmonton metro

Female candidates drop out of
PC race — citing harassment
metroNEWS



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★ AMERICA VOTES ★

GETTY IMAGES

TRUMP TAKES AMERICA

- Clinton does not concede
- Late-night drama right to the wire
- Markets plummet

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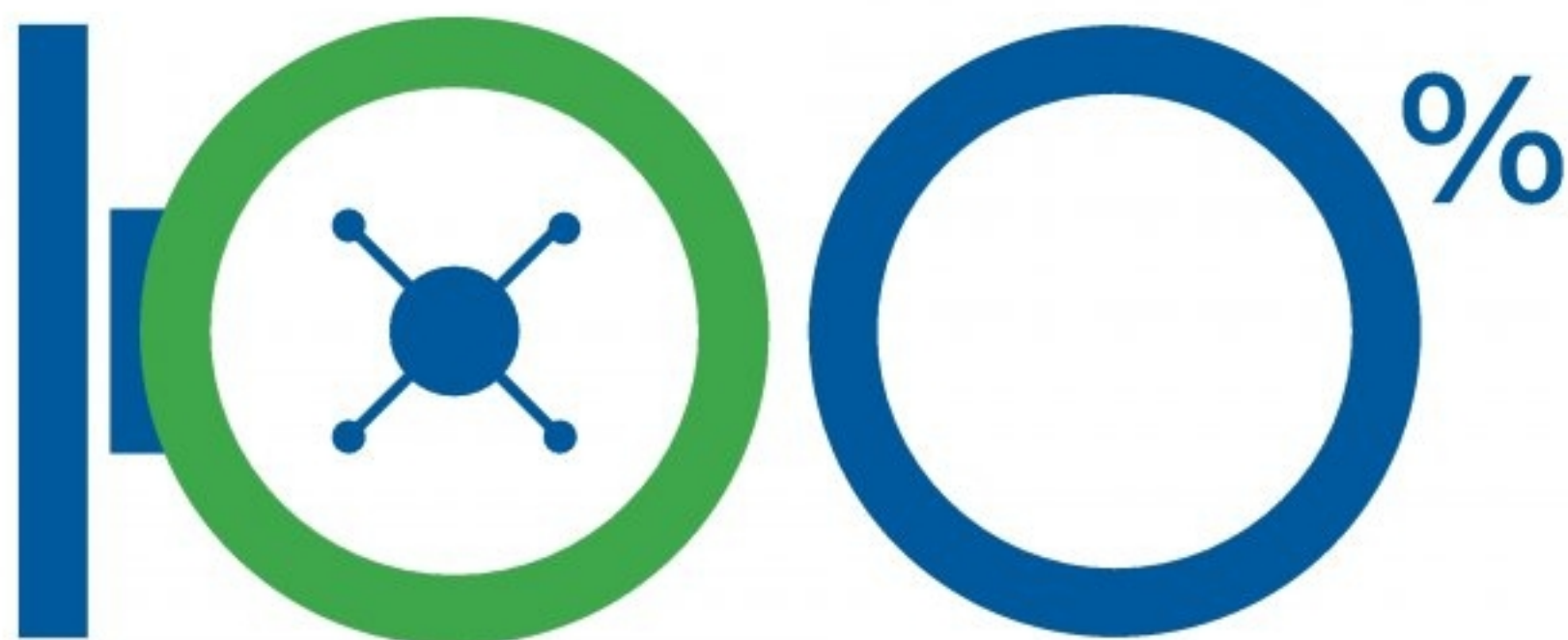
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Democratic presidential nominee Hillary Clinton steps away from a voting booth after voting at Douglas G. Griffin School Tuesday in Chappaqua, New York. AFP/GETTY IMAGES

A gender gap with a capital 'G'

Non-college-educated white men flock to Donald Trump

Hillary Clinton's quest to become the first woman president produced a gender gap with a capital "G" — but the non-college-educated white men flocking to Donald Trump had a lot to do with it.

Tuesday's election was on track to produce one of the largest gender gaps since 1972, when the first national exit poll was taken.

The gender gap for Clinton — the difference between the number of men who voted for her and the number of women

who voted for her — hit 13 percentage points in preliminary results of exit polls conducted for The Associated Press and television networks by Edison Research.

Clinton's support among women was roughly even with the support that women gave Barack Obama in 2008 and 2012. The bigger factor in this year's wide gender gap: less-educated white men, who favoured Trump far more heavily than they did Republican Mitt Romney in 2012 or GOP nominee John McCain in 2008.

Trump, who once famously declared that he loved the uneducated, got plenty of love from white voters who never graduated from college: He got 7 in 10 votes from non-college-educated white men and 6 in 10

votes from non-college-educated white women.

Clinton, meanwhile, got the support of less than a quarter of white men without a college degree; Obama, by contrast, drew about a third of their votes four years ago. Clinton did make some inroads with college-educated white women. Just over half supported her, while four years ago just over half of that group had backed Romney. Other findings from the exit poll:

MILLENNIAL MAGIC

Clinton managed to hang on to the millennials who were such a big part of Obama's winning coalition.

Young people age 18-29 supported Clinton over Trump by nearly as strong a margin as their support of Obama over Romney in 2012.

Those between 30 and 44 also were much more likely to support Clinton than Trump. Trump won the favour of those 45 and over.

HOLDING THEIR NOSES

Americans held their noses as they picked between Clinton and Trump: More than half of voters cast their ballots with reservations about their candidate or because they disliked the others running.

That was true both for those backing Democrat Hillary Clinton and those supporting Republican Donald Trump, the exit polls showed.

After a long, hard-fought campaign, just 4 out of 10 voters strongly favoured their candidate. That's a marked shift from 2012, when about two-thirds of voters said they were voting because

they strongly favoured their candidate.

The prospect of a Clinton or Trump victory was downright scary to plenty of voters: Seven in 10 Clinton voters said they'd feel scared by Trump victory; 6 in 10 Trump voters felt the same about a Clinton win.

WOMEN'S ISSUES VS. EMAIL ISSUES

After all of the sound and fury over Trump's treatment of women, it turned out the issue bothered half of all voters a lot — and women were more concerned about it than men.

About 6 in 10 women were bothered a lot, compared to about 4 in 10 men, the exit poll found.

The partisan divide on the issue was stark: More than 8 in 10 Clinton voters were bothered

a lot by the GOP candidate's treatment of women, compared to about 1 in 10 Trump voters.

It turned out voters were somewhat less concerned about Clinton's use of a private email server as secretary of state.

That issue mattered a lot to about four in 10 voters, including about 9 in 10 Trump voters. Less than 1 in 10 Clinton's supporters were bothered a lot.

TO BE HONEST ...

Neither Trump nor Clinton gets bragging rights when it comes to honesty.

About 6 out of 10 voters said they don't view Clinton as honest and about the same share felt the same way about Trump.

Does anyone think both of these candidates are honest? That number was in single digits.

THE ASSOCIATED PRESS



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People watch voting results at Democratic presidential nominee former Secretary of State Hillary Clinton's election night event at the Jacob K. Javits Convention Center Tuesday. AFP/GETTY IMAGES

Clinton camp ponders President Donald Trump

CLIFFHANGER

'We can smell the win' Campaign manager says

An unexpectedly excellent showing by Trump in states around the country turned the U.S. presidential election into a tense Tuesday cliffhanger, with numerous key states too close to call at press time.

The early results showed a nation riven by racial and geographic divisions, and they belied polls that suggested a comfortable victory for Hillary Clinton. By 9:30 p.m., it was clear that an astonishing Trump upset was highly possible — though he still needed several states to go his way.

A Trump victory would give immense power to an erratic, never-elected Republican businessman whose behaviour and policy positions have alarmed much of the world and who would face no organized opposition in Congress.

Republicans retained control of the House of Representatives and appeared likely

to keep the Senate.

Trump managed to eke out a lead in Florida, one of his must-win states, on the strength of high white turnout in rural counties. He won Ohio, where he had led for much of the past month, and North Carolina, where polls had shown a dead heat.

"Absolutely buoyant," Kellyanne Conway, Trump's campaign manager, told Yahoo News. "We can smell the win."

Clinton, vying to become the first female president, carried Virginia and New Mexico, where she had been expected to win. She still had a path to victory as of 10:30 p.m., but her so-called "blue wall" in long-Democratic northern states had dissipated in the face of what appeared to be a Trump wave.

Clinton and President Barack Obama had called for a comprehensive rejection of Trumpism — his disparagement of women and minority groups, his disdain for democratic norms, his rage. Instead, it appeared the best she could hope for was a squeaker of a victory.

Trump was dominant with rural and exurban white vot-

ers, compensating for a surge in Hispanic support in favour of Clinton. Win or lose, his competitiveness was a remarkable achievement for a candidate who has outraged much of the country.

To pull it off, Trump needed upset wins in states where he had long trailed — some combination of Pennsylvania, Michigan, Wisconsin, Minnesota, Nevada and New Hampshire. His initial numbers in most of them looked better than most polls had forecast, with Michigan particularly worrisome for Clinton.

Mathematical models, crunching polling data, had given the former secretary of state, senator and first lady anywhere between a 70-per-cent and 99-per-cent chance of winning. By 9:30 p.m., the New York Times forecast was down to 50-50. By 10 p.m., the forecast gave Trump a 63-per-cent chance.

Clinton held her "victory" party at a New York City convention centre with a glass ceiling, a metaphor for the gender barrier she had hoped to break. But the mood in the mood turned glum fast.

"So this isn't fun," Jon

Favreau, former speechwriter for President Barack Obama, wrote on Twitter.

Stock markets tanked on the early results; investors have made clear their preference for Clinton stability over Trump's promise of radical change.

But much of America rejected the global consensus. Trump, who was widely considered a laughingstock when he launched his candidacy with a rambling speech in June of last year, defied the odds and the pundits again, just as he said he would.

Trump thrilled millions of white voters with his outrageous refusal to be "politically correct," his vow to restore a bygone era of American glory, and scorched-earth attacks on elites, Muslims and immigration. The former reality television star managed to stay in the running despite an incessant stream of scandals, gaffes, lies and insults that would have sunk any traditional politician.

And he did so while running far fewer ads than Clinton. He was thriving on the strength of his persona and message alone. TORSTAR NEWS SERVICE

World reacts to American election

CHINA

Chinese state media outlets are casting the U.S. election as the embodiment of America's democracy in crisis in contrast to China's perceived stability under authoritarian rule.

The state-run Xinhua News Agency says the campaign has highlighted that, in its words, "the majority of Americans are rebelling against the U.S.'s political class and financial elites."

The official Communist Party newspaper People's Daily says in a commentary that the presidential election reveals an "ill democracy."

On Tuesday, the Chinese state broadcaster CCTV ran man-on-the-street interviews with unidentified American voters in which they expressed disgust with the system and dissatisfaction with both candidates.

MEXICO

The Mexican peso has fallen sharply against the U.S. dollar as early returns show a tight race for the White House.

Financial research firm FactSet says the currency is currently trading at 20.45 to the dollar. The Bank of Mexico's interbank rate stood at 18.42 at the end of Tuesday's trading day.

The peso has closely tracked the U.S. presidential race during the campaign, hardening when Clinton's chances are seen as bullish and weakening when

Donald Trump is seen as rising.

Financial analyst Gabriela Siller of Banco BASE issued a forecast Tuesday that a Trump victory could cause the peso to fall to 24 to the dollar next year and lead to a 3 per cent economic contraction in Mexico.

Trump has threatened to renegotiate the North American Free Trade Agreement and vows to build a wall along the United States' southern border and force Mexico to pay for it.

JAPAN

Japanese are tweeting about their interest in the U.S. election, and retweeting developments, though not everyone is happy. One Twitter user complains: "The U.S. presidential election is the only thing I can see on any channel!"

Several major television stations have suspended their regular morning programming to cover the vote, with a running tally of results and explanations of the U.S. electoral vote system.

A dramatic sinkhole in Fukushima city eclipsed the U.S. election on the front pages of Japan's major newspapers, but online editions and media such as Yahoo! Japan have launched special election pages.

The Nikkei economic newspaper calls it an "unprecedentedly heated U.S. presidential election."

THE ASSOCIATED PRESS



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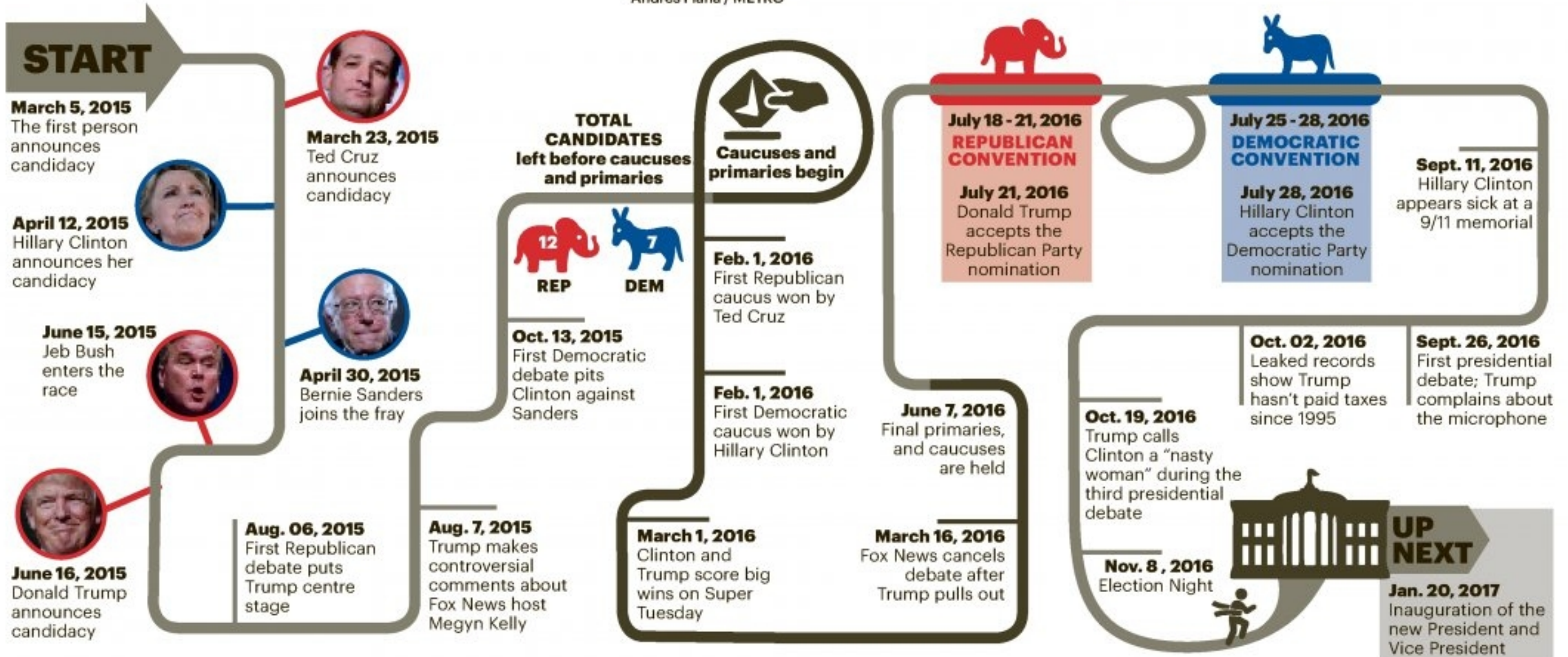
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Metro Explains

That topsy-turvy U.S. election

The moments that defined this long, crazy and very angry campaign

Andres Plana / METRO



Polling station drama on election day

VOTERS

Trump campaign already alleges violations

Long lines, malfunctioning machines, a Trump campaign lawsuit, allegations of voter harassment and a shooting that locked down two California polling stations — for American voters on Tuesday, an ugly and messy election season came to an ugly and messy end.

Fears of widespread election-

day violence failed to materialize on Tuesday, though Californians endured a few tense hours after gunfire erupted near a polling station in Azusa, a city 40 kilometres east of Los Angeles.

The shooting forced the lockdown of two polling stations but police said late Tuesday that it was unrelated to the election and they still had no motive. The gunman and a male victim in his 70s were killed, with two other people injured; at least one of the victims was also on their way to vote, the Los Angeles Times reported.

But outside of Azusa, U.S. voters encountered more typical polling station dramas: long line-

ups, malfunctioning machines, assorted annoyances and isolated pockets of voter harassment.

The day did begin, however, with a Donald Trump trademark: a lawsuit. Early Tuesday, the Republican candidate's campaign filed a lawsuit in Nevada — one of several states that allows early voting — alleging that voters were allowed to cast their ballots past deadline last week.

In Nevada, people standing in line when the polls close at 8 p.m. are allowed to cast their ballots. The Trump campaign is alleging, however, that election officials violated state law by allowing people to join the line

even after the cut off time.

The lawsuit — which was rejected quickly by a Nevada judge — was widely perceived as an attempt to suppress Hispanic voters in an important swing state. The polling station was located outside of a Mexican supermarket in Las Vegas, a Clinton stronghold.

While election day was largely peaceful, civil rights groups logged a high number of complaints from voters reporting harassment or suppression. As of early Tuesday evening, some 30,000 calls already had been received by a national voter complaint hotline; according to civil

rights groups, a large proportion of them were from African-American and Latino voters.

According to Election Protection, an organization operating a hotline, voters complained about being directed to the wrong polling places, learning that their names had been purged from voter rolls, being wrongly told to fill out provisional ballots, and being improperly asked for identification or forced to wait in long lines. Voters in Florida's also reported people "using megaphones aggressively" and in Jacksonville, an "unauthorized individual" was also found inside a polling station, accord-

ing to Kristen Clarke, president of the Lawyers' Committee for Civil Rights Under Law, during a press conference.

There were also reports in Hollywood, Fla., of "aggressive individuals hovering around" voters as the approached polling sites, she added. "Some have turned away because they did not feel able to freely cast (a) ballot."

A few skirmishes were also reported Tuesday.

In Michigan, authorities had to break up a shoving match between a Hillary Clinton supporter and another voter supporting Trump. WITH FILES FROM TORSTAR WIRE SERVICES

Glimpse into a historic day





AFP/GETTY IMAGES

Trump shows trust issues as wife votes



Luke Simcoe
Metro | Toronto

If his behaviour at the polls was any indication, Donald Trump wasn't confident he had swayed the mind of the American electorate — or even his wife's for that matter.

A photo of Trump appearing to sneak a peek at Melania Trump's ballot became one of the final online memes of the Republican candidate's tumultuous campaign, and prompted some to wonder whether Trump's spouse was secretly a Hillary Clinton fan.

The couple voted Tuesday morning at a school in Manhattan. However, the photo-op backfired on Trump when social media users seized on the image of him glancing at his wife while she filled out her ballot.

Comedian Chelsea Handler — a Clinton supporter — shared the image on Twitter with the caption "when you're worried that your wife copied off Michelle Obama," a reference to Melania Trump's Republican convention speech that mirrored an earlier speech by First Lady Michelle Obama.

Handler's joke was retweeted over 23,000 times. Others shared the image with the hashtag #Im-WithHer, suggesting Melania was voting for Clinton.



"When you trust your wife to vote for you, but not really" was another quip shared online with this photo.

AFP/GETTY IMAGES

A 'most humbling feeling'

CAMPAIGN

Clinton casts her vote, feels weight of huge occasion

She's delivered her closing pitch, concluded her final rally and cast her own vote.

By Tuesday afternoon, there was little left Hillary Clinton to do but wait, and prepare for word of whether she'd be picked as the first woman to serve as U.S. president.

Her campaign picked a suitably symbolic location for her

Election Night party — the Jacob K. Javits Convention Center in New York City, which, in a nod to the historic moment, offers a glass ceiling. Casting her ballot at an elementary school near her home in suburban New York on Tuesday morning, the Democratic nominee acknowledged the weight of the day, saying: "so many people are counting on the outcome of this election."

It was a relatively calm Election Day compared with Clinton's hectic final few days day on the campaign trail. The former secretary of state and New York senator dashed through battleground states, encour-

aged get-out-the-vote efforts and campaigned with a star-studded cast of celebrity supporters.

The eve of the election included an emotional rally in Philadelphia with her husband, President Barack Obama and first lady Michelle Obama, as well as performances by Jon Bon Jovi and Bruce Springsteen. Lady Gaga capped it off by serenading thousands of supporters before the Clintons took the stage for a 1 a.m. rally in Raleigh, North Carolina.

After the divisive rhetoric of the campaign against Republican Donald Trump, Clinton sought to offer a positive closing message on Monday. She told

supporters in Pittsburgh they "can vote for a hopeful, inclusive, bighearted America." In a buoyant mood, she also greeted voters who cried out "we love you," smiling back: "I love you all, too ... absolutely."

Some good news boosted Clinton's spirits in the final moments of the campaign. On Sunday, FBI Director James Comey sent a letter to Congress, informing lawmakers the bureau had found no evidence in its hurried review of newly discovered emails to warrant criminal charges against Clinton.

The late October announcement of a fresh email review rocked the race just as Clinton

appeared to be pulling away from Trump in several battleground states. The update from the FBI may have come too late for some: In the nine days between Comey's initial statement until his "all clear" announcement on Sunday, nearly 24 million people cast early ballots. That's about 18 per cent of the expected total votes for president.

She also campaigned with Khizr Khan, the father of a slain U.S. Army officer whose indictment of Trump at the Democratic National Convention was an emotional high point for Clinton's party.

THE ASSOCIATED PRESS



Two women drop out of PC leadership race

REPRESENTATION

Harassment cited by Sandra Jansen as cause for decision

The only two female candidates in the PC leadership race have now dropped out of the running.

MLA Sandra Jansen and former MLA Donna Kennedy-Glans announced their withdrawals through statements on Tuesday afternoon.

Jansen cited harassment throughout her campaign, and particularly this past weekend in Red Deer at the party's annual policy meeting, as reasons for leaving the race.

Jansen stated a hope for open dialogue and discussion of issues as a vital part of being a member of the PC party.

"Sadly, this is not what I



Progressive Conservative candidates Jason Kenney, a former Conservative MP, and Sandra Jansen. THE CANADIAN PRESS

have experienced in the past few months," she wrote.

"My social media has been filled with filth, my domain name purchased to direct people to smear pieces on me and finally, this past weekend in Red Deer, the final straw. Insults were scrawled on my

nomination forms.

"Volunteers from another campaign chased me up and down the hall, attacking me for protecting women's reproductive rights and my team was jeered for supporting children's right to a safe school environment."

Jansen said she will now work behind the scenes to fight bullying tactics within the party.

The former Calgary North-West MLA announced her candidacy in October.

Kennedy-Glans, in a press notice, said politics in Alberta is polarizing.

She noted there is limited opportunity for centrist voices to be heard.

"For that reason, and based on consultation with my volunteer team, I am withdrawing from the PC leadership race," she wrote.

Kennedy-Glans served as the PC MLA for Calgary-Varisty from 2012 to 2015.

She joined the PC leadership race in early September.

In her statement, Kennedy-Glans thanked her supporters in the PC party.

She said she believes many Albertans are centrists, and sooner or later a centrist movement will take shape.

METRO

RESPECT

On Remembrance Day, mall closed in morning



Ameya Charnalia
For Metro | Edmonton

West Edmonton Mall has reversed its decision to open before noon on Remembrance Day, after coming under fire from retailers who said extended hours would keep them away from ceremonies.

"After careful consideration, West Edmonton Mall will be reverting back to our noon opening on Remembrance Day, as we have done in previous years," the mall said, in a Facebook post Tuesday morning.

"We received a lot of feedback and apologize to anyone who felt we were not properly honouring Remembrance Day by opening earlier than in past years."

Jazmyn Krausert, who works at a women's clothing store in the mall, said she's glad it's opening at noon.

"I'm extremely happy that they did decide to change their hours because now we can all attend Remembrance Day ceremonies," she said, adding that her great grandfather fought in the Second World War.

Krausert and other employees noticed the mall was opening at 10 a.m. this year — a break from Remembrance Day tradition in years past — after they received their schedules for the upcoming holiday season.

Robert (Mac) Torrie, a veteran who served in the military for almost four decades, said he "greatly respects" the mall for holding a Remembrance Day ceremony, but was disappointed to hear it was scheduled to open earlier on Remembrance Day.

"It's a total disrespect," he said. "Nowadays it's becoming more and more of a holiday or people try to make it a long weekend."



We apologize to anyone who felt we were not properly honouring Remembrance Day.

West Edmonton Mall on Facebook

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Edmonton band Shout Out Out Out Out performs at a past All is Bright Festival. KEI CHUNG/SUPPLIED

All is Bright set to shine

WINTER FUN

Festival will be graced this year by fully-lit 124 Street



Kevin Maimann
Metro | Edmonton

The All is Bright festival might finally live up to its name.

The winter festival has struggled with faulty lighting since its inception in 2013, but the city has finally assured the 124 Street Business Association that its tree lights will be fixed in time for this year's event, on Nov. 19.

"The whole impetus behind the festival is to beautify and illuminate 124 Street. So our issue always was that we're inviting people here to light up the street and a bunch of lights aren't working," said 124 Street Business Association executive

director Jeff McLaren.

"It's been frustrating, just how long it took, and certain commitments were made. But in the last few weeks they've taken initiative and I commend them for that."

The festival will run along 124 Street, with events from Jasper Avenue all the way north to 111 Avenue. Festivities will start at 4 p.m. with street hockey, sleigh rides, ice carving, axe throwing and a visit from Santa among other activities.

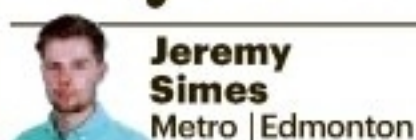
The big light-up at 6:20 p.m. will be followed by live music from local heavyweights like Mitchmatic, the Awesomehots and the Give 'Em Hell Boys, along with a beer garden.

Gord Cebryk, the city's parks and roads services branch manager, said tree lighting problems have been common in business revitalization areas. This is the first year the city has had a dedicated program to fund replacements.

"Going forward we shouldn't have these issues," he said.

PUBLIC SECURITY

City to vote on safety measures at council



Jeremy Simes
Metro | Edmonton

Eleven city staff members say they've felt unsafe or threatened when attending or presenting at city council.

That's according to a once-private city report that recommends council approve installing metal detectors, conducting bag checks and placing a glass barrier between

councillors and the public in the chamber.

On Tuesday, city councillors voted to have another go at debating the divisive issue of heightened security measures.

The report, which was made public Tuesday afternoon, included a city consultation that found 17.7 per cent of staff felt unsafe while attending or presenting at city council. Sixty-four people responded to the survey.

In late October, councillors

held a private meeting to approve the measures, which passed by a vote of eight to four.

Mayor Don Iveson wasn't present during the meeting.

Iveson told reporters Tuesday he wants to hear public feedback before taking a stance on the issue.

"My initial reaction is I prefer city hall to be as open and as inviting as possible, while balancing that with public safety and the safety of city staff

and councillors," he said.

"I think this coming out as a private discussion was not helpful. It created unnecessary distrust."

The report said corporate security conducted an assessment of the council chamber. It did note the emotional but non-violent taxi protest.

But Iveson noted there have been disruptions in chambers that have made it more difficult for city staff to do their jobs.

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IN BRIEF

Back-alley repair will cost taxpayers \$450 million

From 2019 to 2022, it will cost Edmontonians about \$30 extra per household annually to fix the city's estimated 1,200 kilometres of back alleys.

Funded through the neighbourhood renewal levy, the 1.27 per cent tax increase over three

years will pay for a 25-year, \$18-million-a-year program. Forty per cent of Edmonton's back lanes received an F for quality. They had many potholes and drainage issues.

Mayor Don Iveson said public feedback has shown approval for fixing alleys with tax dollars.

JEREMY SIMES/METRO

Danger of prisoner segregation

LAW SUIT

Advocate says isolation makes reintegration more difficult



Kevin Maimann
Metro | Edmonton

A prisoner advocate is speaking out against prolonged segregation, after three prisoners filed a lawsuit claiming they were isolated for more than six weeks at Edmonton Institution, a maximum-security facility.

"Human contact is natural and it's an absolute must for human beings," said Chris Hay, executive director of the John Howard Society of Alberta. He noted isolation can lead to despair, health problems, suicidal thoughts and sometimes irreversible mental issues.

In a statement of claim for their \$5.6-million lawsuit against the Attorney General of Canada, Matthew Christopher Hamm, 37, Taylor Tobin, 19, and Shawn Keepness, 31,



John Howard Society of Alberta executive director Chris Hay has spoken out against prisoner isolation and increased charges for inmate phone calls. KEVIN TUONG/FOR METRO

say they were forced to stay in segregation for 43 consecutive days under suspicion that they were conspiring to assault correctional officers.

The Corrections and Con-

ditional Release Act states an inmate can be kept in segregation for a maximum of 30 days for breaking an institution's rules, while UN guidelines say no one should be segregated

for more than 15 days.

Hay has also spoken out against increased charges for prisoners to make phone calls, which he said plays into the same issue — further remov-

ing prisoners from the outside world makes them less able to reintegrate. That, he said, means more danger for guards on the inside and society on the outside.

He applauded apprenticeship programs that kept prisoners working from the inside, though those have been disappearing.

"This is not bleeding heart. That's what people think — everyone wants to give them video games and Internet and TVs. Well actually, yeah, I do," Hay said.

"The more we remove those types of things, the worse off we're going to be in the end when we send these people into the community."

According to Correctional Services Canada, 26 prisoners at Edmonton Institution were actively in segregation on Oct. 9.

"All institutions adhere to legislation and policy surrounding administrative segregation, and ensure that all viable alternatives to placement in administrative segregation are explored," spokesperson Lori Halfper said in an email.

BY THE NUMBERS

26

The number of inmates with an active administrative segregation status in Edmonton Institution on Oct. 9, 2016.

30

The maximum number of days an inmate can be kept in segregation for breaking an institution's rules, according to the Corrections and Conditional Release Act.

43

The number of consecutive days three prisoners at Edmonton Institution say they were kept in segregation.

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PUBLIC HEALTH

Number of Zika cases has doubled in Alberta since July

There have been 39 confirmed cases of the Zika virus in Alberta this year. That's a big jump from the previous numbers, with only one case confirmed in 2013.

As of July this year, there were 15 reported cases of the virus in Alberta.

Carolyn Ziegler, a spokeswoman from Alberta Health, said all of the cases have resulted from travel.

"Albertans continue to travel to areas where the Zika virus is circulating, so an increase in case numbers is not unexpected," Ziegler said in an email.

Alberta Health recommends visiting a travel health clinic six weeks before travelling, and taking steps to prevent mosquito bites when travelling to affected areas, such as the Caribbean and Central America. Wear long-sleeved, loose-fitting clothes and use insect repellent on exposed skin to avoid mosquito bites.

Travellers returning from an area with known Zika hot spots are asked to postpone blood donation for 21 days.

"Canadian health experts have developed recommendations for returning travellers that can help prevent the spread of Zika virus through



Officials do not believe that local mosquitoes are carrying the Zika virus. All cases are linked to travel. METRO FILE

blood or sexual contact. This period before blood donation ensures enough time has passed for the virus to be eliminated from a person's bloodstream," said Ziegler.

"Canadian Blood Services carefully screens all prospective donors to minimize the potential for transmission,"

she added.

The Canadian government recommends pregnant women, or those planning on becoming pregnant, should avoid travel to areas where the Zika virus is prevalent, including areas in Florida.

ELIZABETH CAMERON/FOR METRO
CALGARY



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Push to protect local park

REZONING

Community members fight for downtown green space



Jeremy Simes
Metro | Edmonton

One of downtown Edmonton's few green spaces may become a residential tower, smack dab in front of the historic Hotel MacDonald.

On Tuesday, ProCura's CEO and president George Schluessel told Metro the company is looking to rezone the parkspace in early 2017 for a multi-residential building.

"It's a great thing," said Schluessel regarding the development. "It's a good location to develop on."

But Chris Buyze, president of

the Downtown Edmonton Community League, said he'd like to see the park stay the same.

"We would be concerned about losing that, not just for the downtown residents, but for the city as a whole," he said. "It's a fairly significant green space in the downtown and it's right in front of our most iconic buildings."

ProCura has fenced off the park to the public for environmental testing, a normal development practice.

Grant Pearsell, the director of parks and biodiversity with city planning, said ProCura would have to apply for a development permit, which would be checked in accordance with its zoning.

Regarding rezoning, he said there would be public meetings beforehand and then the project would go to council for approval.

"We do think it's great the public has access to this site. It does provide a great amenity,"

"We do think it's great the public has access to this site."

Grant Pearsell, director of parks and biodiversity



Chris Buyze, president of the Downtown Community League, says he hopes the city will do what it can to preserve Frank Oliver Park. KEVIN TUONG/FOR METRO

he said. "We are actively seeking new sites in the downtown area and developing new parks."

The park has always been owned privately. Fairmont, which owns the hotel, sold the park to

ProCura in 2009. A future development sign has also been spotted on the park.

Buyze said he hopes the city will do what it can to preserve the space.

"I think in terms of the amount of green space downtown and the expectations of Edmontonians, that the city would work to try to preserve this green space if they could," he said.

SYNDICATION

Fort Mac paper to publish less often

The newspaper that serves Fort McMurray is bracing for more change six months after a wildfire forced its staff to flee the northern Alberta city along with more than 80,000 other people.

Fort McMurray Today has announced it will only publish two times a week and focus more on posting stories to its website. It published six days a week before the fire. Managing editor Olivia Condon said a lot has changed since those chaotic days in May.

"Our subscriptions list has completely changed since the fire," she said. "Probably 2,000 of our subscribers no longer have homes."

Condon said the main reason for the publishing change is Postmedia Network Inc.'s strategy of delivering news in digital formats. Fort McMurray Today is telling its readers that it will continue updating its website with news and information.

Starting next week, the newspaper is to publish on Tuesdays and Fridays. THE CANADIAN PRESS

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ALBERTA LEGISLATURE

Gender-neutral documents considered

Alberta is proposing legislation that would allow people who don't identify as either male or female to put an X on government documents.

Service Alberta Minister Stephanie McLean introduced a bill in the legislature Tuesday to make dozens of changes to birth, death and marriage records and other related documents.

"Modernizing the Vital Statistics Act is essential to delivering efficient public services and in building an inclusive and welcoming province," McLean said in a release.

The proposed legislation would allow people who don't identify as male or female to use a gender marker, such as an X, on vital records. It would also remove a requirement that a person show proof of sex-reassignment surgery before changing gender designation on vital records.

It would clarify that parents could choose any last name for their child. Parents would also be allowed to change a child's last name in a simplified process to avoid a costly, complex court process.

Under the proposed bill, parents could make changes to reflect traditional or cultural naming practices, such as putting the family name before the given name.

Parents would be able to register a child's birth online and parents of a stillborn child would no longer be required to name the child to register the birth.

A person would no longer have to provide a reason to legally change a name. Consent requirements to change the legal name of a minor would be simplified.

The Marriage Act is to be amended to remove a requirement that a physician certify that an adult under a guardianship or trusteeship order has the capacity to marry. By the same token, if a guardian wanted to contest whether a marriage should take place, he or she would have a month to take action rather than the current two-week limit.

Privacy rules are also to be enhanced to restrict who can access vital records.

The legislation would clarify the government's authority to seal information about vulnerable people such as in cases of family violence or for participants in a witness protection program. The bill calls for sharing of pre-adoption information with other Canadian post-adoption registries to make it easier for people to have access to their original birth records.

THE CANADIAN PRESS

Restaurateur rebuilds after his parents' place burned

ENTREPRENEURSHIP

Tony Phung is opening Grain of Rice in the west end



Ameya Charnalia
For Metro | Edmonton

Three Christmases ago, Tony Phung watched the family business burn to the ground.

Treasury Restaurant, the business his parents built after immigrating to Canada, used to be located in northwest Edmonton.

The fire started at night, in a business next door. Phung was first on scene, and the firefighters told him they wouldn't be able to save the restaurant. He wrestled with how to break the news to his mom and dad, that the family business was vanishing right in front of his eyes.

"It took us out," said Phung, who runs a software consulting firm in Edmonton. "I think over the last four years my parents haven't had a chance to rebuild a restaurant just because they were so devastated."

Earlier this year, Phung decided to take matters into his own hands. In February, he incorporated Grain of Rice — a new restaurant in the west-end



I really wish this place can cater to many cultures and may different types of religions.

Tony Phung

to be helmed by him. His parents, who immigrated to Canada from China and Taiwan, will be brought in as mentors for the kitchen staff.

Grain of Rice will serve authentic Chinese and Vietnamese cuisine, made from locally-sourced ingredients.

The twist? Phung is updating his family's classics for a new audience.

Growing up in an immigrant household, Phung said, the family would go to eat at

traditional restaurants that served meals with as many as 10 courses.

With the daily bustle of our lives, he said, it's much more difficult to go for those kind of outings. It's a loss that bothers many Chinese-Canadian millennials, he adds.

"The business is really focused on the millennials and how we eat today," he said. "We make it accessible for millennials where you can order select things from those

10-course meals, just to give us that reminiscing of family time."

But the business will cater to all palates. A number of menu options are influenced by Phung's experience growing up in a diverse north-end neighbourhood. He also doesn't want his Muslim friends, and others with dietary restrictions, to miss out.

Items such as spring rolls, as a consequence, will be made with ground chicken instead of the traditional pork.

"I really wish this place can cater to many cultures and may different types of religions."

The restaurant is set to open later this month, with staff training currently underway.



Tony Phung watched his parents restaurant burn to the ground Christmas day 2012 (Inset). Now he's building a new one, with a modern twist.

KEVIN TUONG/FOR METRO (INSET: CONTRIBUTED)

CITY HALL

Questions linger over drainage asset transfer



Jeremy Simes
Metro | Edmonton

Questions still loom for Edmonton city councillors over the multi-million-dollar transfer of city drainage assets to EPCOR.

On Tuesday, city councillors moved to ask administration to clarify a few things about EPCOR's proposal to take over assets like the city's pump stations and storm-water ponds.

Independent accounting company Grant Thornton found in late October that EPCOR's proposal had "strong merit." It said the city-owned company could save 10 per cent on building drainage equipment.

EPCOR would also make a profit on the deal, but that money would return to the city via an annual, \$20-million dividend.

But councillors are still questioning the transfer, which would see \$1.1 billion in assets and \$600 million in

\$20 million

The annual dividend payout to the City of Edmonton in exchange for transferring \$1.1 billion in assets and \$600 million to EPCOR.

debt transferred to EPCOR.

Council requested administration provide further information on an outlook of utility rates, capital spending

to deal with flood mitigation, and if EPCOR could receive federal grants.

Mayor Don Iveson told reporters there are advantages and disadvantages to both prospects.

He said EPCOR can generate efficiencies that the city would struggle to deliver.

"I have great confidence in this company and that's why we've seen it grow so much outside the city of Edmonton," he said. "It would expand their focus from doing three things and it would

allow the city to do 86 different things rather than 87."

However, Coun. Mike Nickel expressed concern over the takeover, noting EPCOR lost on bids because other municipalities deemed transaction costs were too high. Those jurisdictions included Banff, and Sooke and Port Hardy, B.C.

"Are you really delivering the extra value we're going to need? That wasn't part of the Grant Thornton report," he said. "Those transaction costs are everything."

Hearts grow in Healing Forest

INDIGENOUS ISSUES

Site created to spark dialogue about reconciliation



Alex Boyd
Metro | Edmonton

Along the north bank of the North Saskatchewan, more than 1,000 paper hearts flutter from tree branches, each with a message of reconciliation.

The new Healing Forest was created over the weekend by RISE, or Reconciliation in Solidarity Edmonton, in hopes it will draw Edmontonians to learn about our indigenous history.

"It was a chance to create a space that maybe shifts people's understanding, inspires them to learn more, or take action and talk to friends and family, or hold elected officials to account," said Sara Komarnisky, programming lead with RISE.

The Forest, which stretches



RISE co-founder Miranda Jimmy with one of the hundreds of messages that make up the new National Healing Forest. KEVIN TUONG/FOR METRO

along River Valley Road between Groat Road and the High Level Bridge, is the first space of its kind in what will eventually become a national project.

Miranda Jimmy, RISE co-



It was a chance to create a space that maybe shifts people's understanding, inspires them to learn more, or take action.

Sara Komarnisky

founder and candidate for city council, says the National Centre for Truth and Reconciliation is helping communities across the country create spaces to reflect on reconciliation — though what that space looks like will depend on its location.

"The idea was that communities across the country would create places based on their own desires," she said, adding that RISE chose the river valley because of its significance to people in the city.

Community members created the hearts last year for RISE's Heart Garden, and Jimmy said it was nice to see them on display again. She hopes people continue to add their own.

Komarnisky said the hearts will stay up as long as possible.

"This is kind of temporary, we don't know how long it will last, but we'd like to see something more permanent," she said.

"There's no real site of commemoration for survivors of residential schools to go, or for settlers and newcomers to learn."

FEDERAL GOVERNMENT

Panel named to overhaul energy board

The Liberal government has named a diverse, five-person panel to make recommendations on overhauling the national energy regulator.

The group appointed Tuesday by Natural Resources Minister Jim Carr will examine the structure, role and mandate of the National Energy Board, which has become embroiled in controversy over its reviews of contested oil pipeline proposals.

The panel is to report to Carr by March 31 — not by the Jan. 1 deadline initially announced by the government back in June.

The Trudeau government announced last January that it was augmenting the existing oversight process for major energy projects, adding an examination of upstream greenhouse gas emissions and providing further public consultation in addition to the National Energy Board hearings.

But a more fundamental restructuring of the board, which was first created in 1959, was promised by the government pending a wide-ranging public consultation by a panel of experts. THE CANADIAN PRESS

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Exposure to Ebola virus feared in Winnipeg lab

DISEASE

Lab worker found a split in body suit, now in isolation

An employee at the National Centre for Foreign Animal Disease may have been exposed to the Ebola virus.

Dr. John Copps says the employee was working with six infected pigs Monday and noticed a split in the seam of his protective suit during decontamination after working in the Level 4 lab in Winnipeg.

The lab director said all proper emergency procedures were followed and the risk to the employee, co-workers and the community is considered to be low.

"Our employees are well aware of the risks and how to control them," Copps said

Tuesday.

Officials said there was no contact with other workers before the employee realized the risk of possible infection. The employee met with a doctor and was offered an experimental Ebola vaccine. Officials, citing privacy, wouldn't say whether he received the vaccine.

The employee is in isolation and will be monitored for 21 days by local health officials.

Copps said a pig had been given a drug called interferon and then infected with Ebola to see if the drug would affect the outcome of the disease.

All the pigs had been anesthetized and were being moved by the employee at the time, he said.

Ebola is spread through direct contact with the blood, sweat, vomit, feces, urine, saliva or semen of those infected or of corpses. The virus is not airborne. THE CANADIAN PRESS



A colourized transmission electron micrograph (TEM) of an Ebola virus. A researcher at a secure lab facility may have been exposed to the virus, according to officials. AFP/GETTY IMAGES

CUBA

Trudeau to retrace father's footsteps

Prime Minister Justin Trudeau will retrace some of his father's most historic footsteps next week when he travels to Cuba and quite possibly meets an old family friend — retired Cuban leader Fidel Castro.

Officially, Trudeau will meet with Cuban President Raul Castro. Cuba's ambassador to Canada says there may also be an opportunity to visit with Fidel Castro too.

"I think this question has been worked out, and there is a chance. I don't know how it will end," ambassador Julio Garmendia Pena said Monday.

"I'm sure Fidel would like to meet him, and it would be a great opportunity for him to say hello to a friend of his father, and for Fidel to greet his closest friend's son as a prime minister."

Pierre Trudeau became the first NATO leader to visit Cuba when he touched down on Jan. 26, 1976, with his wife Margaret, and his then four-month-old son Michel in tow. THE CANADIAN PRESS

REMEMBRANCE

Sacrifices of indigenous veterans honoured



Betty Ann Lavalley with her medals and a photo of her son Trevor, a presently serving member, in Geary, N.B. THE CANADIAN PRESS

Indigenous people across Canada remembered ancestors and community members who fought and died in war as they marked National Aboriginal Veterans Day on Tuesday.

More than 12,000 indigenous people joined the Canadian military in the First and Second World Wars and Korea. More than 500 were killed and countless more were injured.

Veterans Affairs Minister Kent Hehr said more indigenous people served in those conflicts than any other ethnic group, as a percentage of total population.



From the beginning of our country, our First Nations people have fought bravely and boldly.

Minister Kent Hehr

"From the beginning of our country, our First Nations people have fought bravely and boldly and sacrificed a great deal for this nation," he said in an interview.

National Aboriginal Veterans Day has grown since it was inaugurated by Winnipeg's city council in 1994, with commemorations across the

country.

Richard Blackwolf, president of the Canadian Aboriginal Veterans and Serving Members Association, says his group plans to ask the federal government to proclaim Nov. 8 as National Aboriginal Veterans Day.

Yet even as the day grows, there is a debate over what it should represent.

Betty Ann Lavalley, former head of the Congress of Aboriginal Peoples and a fourth-generation military veteran, said she would be thinking Tuesday of those who fought and died in uniform, but also the many indigenous veterans who fell through the cracks when they returned from Europe and Korea.

Caught in bureaucratic red tape, they were shuffled between the Department of Veterans Affairs and what at the time was known as the Department of Indian Affairs.

THE CANADIAN PRESS

COURTS

Lawyer asks complainant if penis size affected consent

The lawyer for a man being retried after a judge's controversial remarks in a sexual-assault case has suggested his client's penis size may have played a role in whether the woman consented to sex.

Alexander Scott Wagar's lawyer Pat Flynn asked the woman during cross-examination Tuesday if she was attracted to his client after he flashed her and she saw that he was "larger than

most men."

"No," she responded vehemently.

Flynn suggested the sex was consensual because the two had been engaging in "aggressive foreplay."

"No," she replied again.

Court has already heard how Wagar, 29, and the woman, 24, were at a party in a Calgary home in December 2011. The woman testified that she was

in the bathroom when Wagar came in, locked the door and ripped her clothes off. She said the sexual assault lasted 15 to 20 minutes.

Wagar was acquitted of sexual assault in 2014 by Judge Robin Camp. During the original trial, Camp asked the complainant, "Why couldn't you just keep your knees together?" and said "pain and sex sometimes go together."

THE CANADIAN PRESS

TERRITORIES

Trudeau likely to find ally in Yukon's new Liberal premier

Sandy Silver, who took the Yukon Liberals from third-party status to a majority government in Monday's territorial election, was being coy the morning after.

"Does it remind me of anybody?" he asked, all innocence. "It's amazing. It really is."

There are more than a few parallels between Silver in Yukon and his fellow Liberal and federal counterpart in Ot-



To me, this is an opportunity to get back on that national stage.

Sandy Silver

tawa. Prime Minister Justin Trudeau is likely to find a new ally

in Canada's northwest corner on two of his most prominent files: carbon policy and indigenous reconciliation.

Silver campaigned on a platform of working with the federal government on a new national price on carbon.

He plans to return all carbon tax money to businesses and consumers, but at differing rates.

THE CANADIAN PRESS



A sinkhole in the middle of the business district in Fukuoka on Tuesday. SADAYUKI GOTO/KYODO NEWS VIA THE ASSOCIATED PRESS

Sinkhole tears open city centre

DISASTER

Officials fear collapse could affect nearby structures

Parts of a main street collapsed in the heart of a major city in southern Japan on Tuesday, creating a massive sinkhole and cutting off power, water and gas supplies to parts of the city.

Authorities said no injuries were reported from the pre-sunrise collapse in downtown Fukuoka, which created a sinkhole more than half the size of an Olympic pool in the middle of the business district.

The cause of the collapse is under investigation, Fukuoka officials said, but they linked it to ongoing subway construction nearby. A smaller sinkhole

occurred in Fukuoka in 2014 at another location of the subway construction.

Fukuoka, a city of more than 1.5 million people, is about 1,000 kilometres southwest of Tokyo. The massive cave-in appeared in the city's bustling Hakata district, a major business and entertainment centre, with muddy underground water flowing into the hole.

The incident prompted the evacuation of some residents in nearby buildings. Officials were concerned that further erosion inside the sinkhole could prompt nearby structures to collapse.

"An accident like this is unheard of, one that should not have happened," Fukuoka Mayor Soichiro Takashima said. "We must prevent secondary accidents, and will do our utmost to restore important infrastructure."

THE ASSOCIATED PRESS

IRAQ

Investigators dig into mass grave

The stench of death drew Iraqi soldiers to the unsettled plot of land freshly liberated from Daesh fighters.

When a bulldozer scraped the ground, bones poked from just beneath the surface, along with clothing scraps, garbage bags, human remains swarming with flies — and even a child's stuffed animal.

About 100 bodies, many of them decapitated, are suspect-

ed to be buried in what is likely the latest mass grave left by the retreating jihadis, officials said.

Investigators on Tuesday began their probe of the site, located near an agricultural school in the town of Hamam al-Alil.

The gruesome discovery by troops advancing on militant-held Mosul fits a pattern in territory retaken from Daesh.

THE ASSOCIATED PRESS

CLIMATE CHANGE

Last five years ruled hottest ever recorded

Hot and wild and with an "increasingly visible human footprint" — that's how the UN weather agency sums up the global climate in the past five years.

In a report released Tuesday at international climate talks in Morocco, the World Meteorological Organization said 2011-2015 was the hottest five-year period on record.

That comes as no surprise as WMO's annual reports have showed record average tem-

peratures in 2014 and 2015. But the agency said the five-year report provides a better overview of warming trends and extreme events such as prolonged droughts and recurrent heat waves.

"We just had the hottest five-year period on record, with 2015 claiming the title of hottest individual year. Even that record is likely to be beaten in 2016," said WMO Secretary-General Petteri Taalas.

The WMO's preliminary cli-

mate assessment for 2016 is set to be released next week.

While it's complicated to draw links between single weather events and climate change, the report found that many extreme events during the period were made more likely as a result of man-made climate change. In the case of some extreme high temperatures, the probability increased by a factor of 10 or more, the report said.

"Examples include the rec-

ord high seasonal and annual temperatures in the United States in 2012 and in Australia in 2013, hot summers in eastern Asia and western Europe in 2013, heat waves in spring and autumn 2014 in Australia, record annual warmth in Europe in 2014, and a heat wave in Argentina in December 2013," WMO said.

The report found no strong climate-change link for extreme rainfall events.

THE ASSOCIATED PRESS



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Facebook wants you to visit Rooms

SOCIAL MEDIA

Canada among first countries to try out the new feature

Canadians will be among the first in the world to try Facebook's latest feature, as the social-media giant debuts Rooms on its Messenger platform.

Launching on Thursday in Australia and Canada, Messenger Rooms will allow users to create spaces to chat about a topic important to them. Similar to Messenger's Group chat function, these can be thematic, event or topic based. They can be private or public, but will be capped at 250 participants at this point.

It's an "everything old is new again" type of move, as it's a bit of throwback to the chat rooms that were one of the first incarnations of online community on the web. Rather than a static message board,

though, this has the liveliness of online chat.

"Before, in order to get into a group (chat), you needed to add or invite them — that's how the group grows," said Stan Chudlovsky, head of product, Facebook Messenger. "We've been talking to our users, and the feedback that was constant was why can't we have thematic groups that can just be found?"



People want to talk about that and they all want to get together.

Stan Chudlovsky on the need to share events

As an example, Chudlovsky points to a Room set up when there's a hockey game on.

"People want to talk about that, and they all want to get together. They don't mind having a bunch of people in there."

Rooms users will be able to share links to the topic-based areas publicly, and the administrators will have tools to revoke access if some users choose

to be disruptive or abusive. As well, private Rooms can be made so they won't be discoverable.

It's an interesting move, as the company launched a stand-alone app called Rooms in 2014, but it didn't really gain a lot of traction — an issue with many of the company's stand-alone apps — so the company eventually shut-

tered it in 2015.

Chudlovsky says Rooms will be better because more than one billion people are already using Messenger. With a 250 person limit, the company expects there will often be several rooms based around popular events, such as live sporting events.

If nothing else, it is an on-trend technology move.

THE CANADIAN PRESS



Canadians will be among the first to try the latest feature of Mark Zuckerberg's Facebook, as the social-media giant debuts Rooms on its Messenger platform. AFP/GETTY IMAGES FILE

CANDY

Fewer peaks, more valleys in Toblerone

More valleys, fewer peaks: The maker of Toblerone Swiss chocolate has widened the spaces in some of its iconic, triangle-array bars, offering about 10 per cent less product for the same price. Fans are outraged.

The multinational says the move — which affects products

globally, though mainly in Britain — was necessary to cope with higher prices for ingredients. But many consumers are livid at the perceived sleight of hand and the change to the traditional look of the treat, first created in 1908 in Switzerland.

THE ASSOCIATED PRESS

CONSTRUCTION

Home starts in B.C. lowest in five years

Home construction is slowing down in British Columbia, with housing starts in Vancouver falling to their lowest level in more than five years, according to the latest data from Canada Mortgage and Housing Corp.

The federal housing agency reported Tuesday that the seasonally adjusted annual rate of housing starts in Vancouver fell to 12,023. The last time it was at that level was in March 2011, CMHC said.

In B.C., the annual pace of urban starts fell nearly 45 per cent to 25,517 in October, com-

BY THE NUMBERS HOMES CONSTRUCTION IN B.C.

38.8

Percentage plunge in home sales in October compared to a year ago

45

Percentage drop-off of urban starts in October, to 25,517 from 46,294 in September

12,023

Seasonally adjusted annual rate of building starts in B.C., lowest since March '11.

pared with 46,294 in September.

BMO economist Robert Kavcic said the drop could be the first sign that home builders are responding to softening demand in the province.

Real estate sales in the region have been falling sharply in recent months. In Vancouver, home sales plunged 38.8 per cent in October compared with a year ago, according to the Real Estate

Board of Greater Vancouver.

The pace also slowed in most other regions of the country, with Quebec, the Prairies and Atlantic Canada all seeing declines. THE CANADIAN PRESS

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ARTIST'S TAKE BY ANI CASTILLO

Words of hope for America

This is the image Metro's cartoonist drew to sum up her feelings about the campaign. Here's what she had to say.

I did this cartoon thinking about what I believe the priority should be when choosing a government: People's well-being. Us humans should take care of each other. We should be fair. We should be together. The United States is the most influential country in the world, and whatever happens there will trickle down to the rest of the planet. That's why my wish for them is that hope and love can prevail, and that they stay strong and work hard on the creation of a happier country. That in turn will help create a happier and healthier world.

You had to see it to believe it

A visual tour of the strangest election in memory curated by **Metro** photographer **Eduardo Lima**



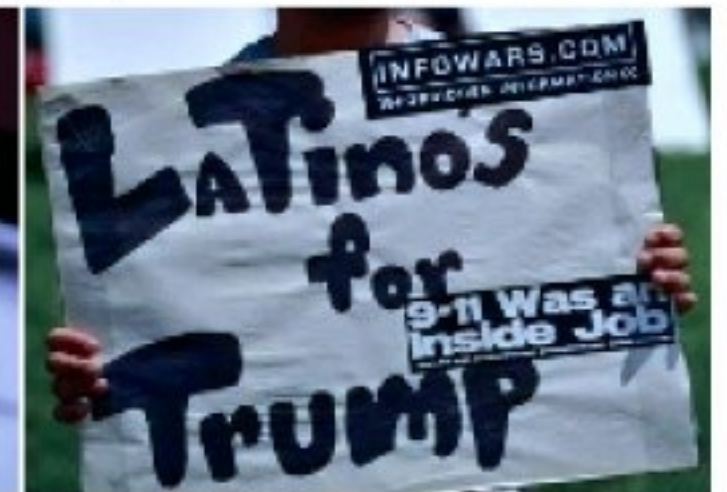
FBI director James Comey at the hearing where it was determined that Hillary Clinton would not be prosecuted for her email practices.



Trump's looming presence in Clinton's personal space was an indelible image from the second presidential debate.



Khizr Khan, the Muslim father of a fallen American soldier, offers to lend his copy of the American constitution to Trump.



This photo demonstrates the complex role of Latinos during the election, as well as the mainstreaming of conspiracy thinking.



In a widely mocked Twitter post, Donald Trump digs into a taco bowl from Trump Tower and proclaims, "I love Hispanics!" TWITTER



At the conventions, Michelle Obama made her mark as an orator and Melania Trump made a memorable pitch for her husband — allegedly plagiarized from Michelle Obama's words.



Chants of "Lock her up" and "Hillary for Prison" at Trump rallies alarmed political observers, as did Trump's promise to keep the public in suspense as to whether he would concede if he lost.



Violence against and amongst protesters became a shockingly common sight at rallies.

PHOTOS BY GETTY IMAGES





Don't forget to schedule fun things — even just a walk in the park with friends. iStock

5 tips for achieving work-life balance

If the term “sandwich generation” is all too familiar for you, then you know the challenge it can be juggling your interests with the demands of caring for both older parents and young children.

Achieve a balance between the personal and professional with these quick tips that'll have you acing that big project at work, making it to your kid's dance recital, and spending quality time with your parents.

Don't forget your health

When you're feeling stretched too thin, one of the first things you neglect is probably your health.

“This is a big mistake,” says Suzane Andrade, registered nurse at EMD Serono. “Not only do proper sleep, nutrition, and exercise help you have enough energy, they also prevent you from being sidelined by illness.” Andrade

points out that keeping yourself healthy is also important for maintaining the health of aging parents and young children, who are more at risk of complications from colds and flu.

Use the latest apps

Let technology work for you. There's an app for whatever you need help with in work and life — whether that's managing a health condition, scheduling appointments, or grocery shopping.

Rethink basic errands

If you're the one shuffling aging parents to appointments, taking the kids to soccer practice, and picking up the groceries, consider how you can make your life easier.

Organize carpools for after-school activities and look into grocery delivery options — think outside the box for creative solutions.

Double down

Too many commitments? Pair items on your to-do list for maximum efficiency and down time for yourself. Date night with your partner could be cooking an interesting new meal at home (with plenty of leftovers for weekday lunches).

Plan fun weekend activities that your parents and kids can enjoy together.

Schedule time for non-work activities

Most people pay special attention to scheduling work tasks and meetings. Do the same with leisure activities.

Make appointments for fun, date night, and personal time like you would for a business meeting — you'll feel healthier and happier and be more productive at work by ensuring you can keep your appointment with the gym.

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How to get your kids to manage their finances

MONEY MATTERS

Help set your kids up for financial independence

If your kids are young adults attending postsecondary or starting their first foray into the working world and you're still doing their taxes and helping with finances, you're not alone.

Many parents (and kids) have trouble cutting the cord, especially when it comes to money matters. Fortunately, there are ways to help set them up for financial success and independence.

Make time for teaching

Don't discount this obvious tip — many parents neglect teaching the basics of personal finance because it's just easier to do it themselves, while kids

are often too happy to remain blissfully ignorant.

Educate your children on how to make a monthly budget, calculate regular expenses and auto insurance. Teach by example, and break down how you do this with your own money. Ask a relative or friend to do this if you think it would be better coming from them.

Speak with a financial planner

A financial planner can help your young adult find the best place to keep their money, like a Tax-Free Savings Account or Registered Education Savings Plan if they're planning on further schooling.

Earn a bit of interest on your student loans by keeping the money in a high-interest savings account. It's also never too early to start planning for financial goals like paying off student loans and saving for bigger expenses like a first

home down payment.

Master online banking together

Online banking is the perfect way for young adults to take control of their finances because they can do it from their laptops and smartphones, spaces they're already very comfortable with. Get them to take charge of their taxes by signing up for direct deposit for their income tax refund, GST/HST credit, and other tax-related payments.

It's the fastest, safest, and greenest way to get their payments. This way, if they decide to move or travel with their newfound economic freedom, they'll still have access to their money and you can forget about mailing them their payments.

Sign up for direct deposit by visiting your financial institution or go to directdeposit.gc.ca for more information.

NEWSCANADA



Online banking is the perfect way for young adults to take control of their finances. ISTOCK



Prince Harry calls out racism

ROYAL FAMILY

Scrutiny of relationship compared to Princess Diana

Prince Harry condemned the media for subjecting girlfriend Meghan Markle to "a wave of abuse and harassment," issuing a highly unusual statement Tuesday that confirmed his relationship with the American actress and expressed concern for her safety.

Harry's office said that while the 32-year-old prince understood that there was significant curiosity about his private life, a line had been crossed in terms of media intrusion. Harry said the statement was issued in hopes media driving the story will "pause."

"Prince Harry is worried about Ms. Markle's safety and is deeply disappointed that he has not been able to protect her," said the statement from Kensington Palace. "It is not right that a few months into a relationship with him that Ms. Markle should be subjected to such a storm."

The 35-year-old Markle is best known for playing legal Rachel Zane in the TV drama Suits. She has also worked with the United Nations on gender equality and is a global ambassador for the charity World Vision Canada, travelling to Rwanda earlier this year to campaign for clean water.

Tabloids in Britain and be-

yond have jumped on the story and speculated about the relationship for weeks, with many commenting on her mixed-race heritage and contrasting her background with the prince's. The palace said the harassment has "been very public — the smear on the front page of a national newspaper; the racial undertones of comment pieces; and the outright sexism and racism of social media trolls and web article comments."

One Daily Mail headline called her a "saucy divorcee." Another described her ancestors as "a tailor, a teacher and a cleaner in racially-divided Jim Crow South — while his were ruling the British Empire." One Daily Mirror article linked Markle with an online pornography site, saying clips of her from Suits were featured on an adult site.

Harry said the commentators will say this is "the price she has



Actress Meghan Markle AP

"This is not a game — it is her life and his."

Statement issued by Prince Harry's office

to pay" and that "this is all part of the game."

The palace said that Harry "strongly disagrees."

"This is not a game — it is her life and his," the statement said.

The scrutiny of the relationship drew immediate parallels to the media scrutiny of Harry's mother, the late Princess Diana, who died in a 1997 car accident while being pursued by paparazzi. It also invited comparisons to the early revelations that Kate Middleton was dating Prince William. That relationship was also the subject of relentless media attention.

But choosing to tackle the issue directly is unusual for the palace, which initially declined comment to reports in the Sunday Express newspaper on the relationship, as per its usual policy of refraining from discussions on the personal lives of the royal family.

"It's a very unusual step. I can't think of a precedent for it in recent years," said Joe Little, managing editor of Majesty magazine. "Some would regard this is something he should put up with, but that's not in his nature." THE ASSOCIATED PRESS



Prince Harry issued an official statement Tuesday stating his concern for his girlfriend, Meghan Markle, after she experienced "a wave of abuse and harassment." THE ASSOCIATED PRESS

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Have your cake and eat it too, just not of the Red Velvet variety.

When you need to hit that sweet spot, skip the layered cake and opt for the chocolate chip muffin instead.

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Metro Grocery Store Brand Red Velvet Cake

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HERE'S WHY



Equivalent to: 34 Old Fashion Plain Timbits in sugar

Red velvet has made a big comeback. The dramatic red colour of store-bought cakes and cupcakes comes from food colouring, and they're topped with cream cheese frosting. The large amount of oil, eggs, butter and cream cheese make this a delicious indulgence, but also a nutritional disaster. This slice of cake contains half your daily calories and fat, as well as the equivalent of 17 tsp of sugar! Believe it or not, a chocolate chip muffin has over half the calories, fat and sugar.

LIQUID ASSETS

Brand ambassador spreading word and wine

When it comes to listing dream jobs, being a brand ambassador for a winery is close to the top. Who wouldn't want to travel the globe hosting tastings and talking up the juice?

Rocio Osborne lives that life. A sixth-generation member of Spain's Osborne vino dynasty, her passport gets more use than a corkscrew at a wine bar. Over dinner last week Rocio shared stories of how her family turned Rioja's Bodegas Montecillo, a winery acquired more than 40 years ago, into one of the wine world's most recognized brands.

The 2011 Crianza (\$13.10-\$17.99) is made with 90 per cent Tempranillo aged in oak barrels for 18 months. Its balanced, jammy red fruit is incredibly food-friendly, making it a wine to keep in mind for holiday meal pairing. Prices reflect range across the country. May not be available in all provinces.



Maple Glazed Ribs extend BBQ season

CULINARY COMPETITION

A recipe by the Quebec team competing in food Olympics

Starting today, Team Canada heads down to Orange Beach, Ala. to compete in the World Food Championships — the Olympics of the culinary world — for a high-stakes showdown.

Representing Eastern Canada is Team Skara Old School BBQ, including pitmasters Manny Mavroudis and Dave Wharry, who provided the recipe we are printing here.

"If you don't have a smoker you can make these on a gas grill using the 'indirect' method, which means basically put two burners on low and turn off the middle burner," said Wharry.

With unseasonably warm weather across the country, extend barbecue season with this nod to Quebecois tradition.

METRO



Team Skara Old School BBQ from Quebec will compete at the World Food Championships in Orange Beach, Ala., with these ribs. CONTRIBUTED

Quebec Maple Glazed Ribs

Ingredients:

- 2 Racks Baby back ribs
- 1/4 cup of your favourite rub
- 1 Tbs Brown Sugar
- 1 Tbs Maple syrup

Directions:

1. Remove membrane
2. Prepare smoker, set to 250 F
3. Add 3 chunks Quebec Apple wood
4. Place on smoker 2 hours (spraying with water every 45 minutes)
5. After 2 hours place on foil,

- add 1 Tbs brown sugar, 1 Tbs maple syrup, and wrap
6. Return to smoker for another 2 hours
7. Remove from foil
8. Return to smoker for 1 hour
9. Brush with BBQ Sauce the last 10 minutes of the cook

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Bring on 'Citrus of the North'

RECIPE

Sea buckthorn berries packed with loads of vitamins, Omega fatty acids and antioxidants

Whether harvested in Siberia or Teesdale, Ontario, sea buckthorn berries pack a powerful punch. "It's like grapefruit on steroids," says Paul Sawtell, whose 100km Foods distributes the glowing orange berries to a growing number of chefs.

"They're super unique and available frozen year-round," says Sawtell, whose sales have jumped from \$550 to \$10,000 in three years.

The "Citrus of the North" is off the charts in Vitamins A and C (eat just eight berries a day!) and rich in antioxidants and Omega fatty acids.

Buy & Store

- Look for frozen sea buckthorn berries at stores that cater to Eastern Europeans.
- Quebec distributor Atelier No16 (atelierno16.com) ships 2-kg bags of frozen berries from Ferme les Petites Ecores, which also makes a scrumptious sea buckthorn-apple butter.
- Natural food stores carry sea buckthorn capsules, juice and cosmetics.
- If using as a garnish, keep berries frozen until just before use as they soften quickly.

Prep

- This super-tart berry requires sweetening. Think honey, maple syrup or loads of white sugar.
- The hard flat seeds can also be a problem. You hardly notice them in the whole berries, but if using in jam or sauces it's best to strain them out and discard.
- After juicing the berries, chef Sandra Rae dries and grinds the pulp for meatballs, granola, quick breads and muffins.

Serve

- Use sea buckthorn berries instead of lemon in marinades and vinaigrettes. Add pectin to make jams and jellies.
- To tame their tartness, preserve whole berries in honey or maple syrup and spoon



These sweet-tart sea buckthorn jellies can be served with cheese or after dessert. TOSTAR NEWS SERVICE

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CULTURE

Foodies blossom in Halifax North End

It began a few years ago: One by one, sophisticated, ambitious eateries popped up in Halifax's historic North End.

Restaurants like Edna, Field Guide and the Agricola Street Brasserie emphasized the local — both in their dishes and their relationships — and with them came microbreweries, cafés and other foodie enterprises.

"There's a community here," said 36-year-old Ludovic Eveno, co-owner and chef of the award-winning Agricola Street Brasserie.

The area, just north of downtown, is typical of gentrifying urban neighbourhoods: Musicians, young professionals and university students share the neighbourhood with low income families. Trendy Gottingen Street eateries like Ratinaud, an artisanal charcuterie, are neighbours with the Salvation Army and a methadone clinic.

IF YOU GO...

The Agricola Street Brasserie, located at 2540 Agricola St., is open for happy hour and dinner daily except Sundays.

EnVie — A Vegan Kitchen, located at 5775 Charles St., and is open Tuesday to Friday from 11 a.m. to 9 p.m., and on Saturday and Sunday from 10 a.m. to 10 p.m.

Lion and Bright, located at 2534 Agricola St., is open daily from 7 a.m. to 1 a.m., except for Monday when it closes at 5 p.m.

Edna, located at 2053 Gottingen St., is open for dinner Tuesday, Wednesday, Thursday and Sunday from 5 p.m. to 10 p.m. On Friday and Saturday dinner is served from 5 p.m. to 11 p.m.

THE CANADIAN PRESS

over yogurt and granola.

- The berries pair well with duck, pork, chicken and fish.
- Rae marinates salmon for an hour in crushed berries, bakes the fish and finishes it with a maple-butter glaze and a few whole berries.
- Hibiscus Café in Kensington Market makes a very popular sea buckthorn ice cream.
- For smoothies, drop 1/4 cup (60 mL) stemmed whole berries into the blender with 1/4 cup (60 mL) water and buzz to break up seeds before adding remaining ingredients.

SEA BUCKTHORN JELLIES

Inspired by chef Ryan de Leon of Quatrefoil, these sweet-tart jellies can be served with cheese or after dessert.

- 2 cups (500 mL) sea buckthorn berries, fresh or frozen
- 1 cup (250 mL) water
- 1 1/2 cups (375 mL) granulated sugar
- 1/4 cup (60 mL) unsweetened applesauce
- 2 tbsp (30 mL) or 2 packets powdered gelatin

Directions

- Line an 8x8-inch (20x20 cm) cake pan with plastic wrap and spray lightly with cooking spray.
- Place berries and water in a heavy saucepan. Bring to a boil, reduce heat to low and simmer about 15 minutes, until soft.
- Transfer berry mixture to a fine sieve placed over a bowl. Press down on the pulp and seeds with a wooden spoon to release the juice. You should have about 1 cup (250 mL) thick juice. Discard pulp.

- Pour juice into the saucepan. Stir in sugar and applesauce. Cook on low heat about 10 minutes, stirring, until sugar melts. Remove from heat.
- Meanwhile, in a small bowl, sprinkle gelatin over 1/2 cup (125 mL) water. Let sit 5 minutes, until soft. Whisk into warm juice mixture then pour into prepared pan. Refrigerate three hours or overnight, until firm. Cut into cubes and serve immediately. Refrigerate leftovers. Makes 6 servings.

TOSTAR NEWS SERVICE

Angelina Jolie gets full custody of six children



Angelina Jolie Pitt has sole custody of her six kids.
THE ASSOCIATED PRESS

CELEBRITY

Custody agreement reached with Brad Pitt

Angelina Jolie Pitt will continue to have sole custody of her six children with Brad Pitt in a joint agreement reached by the actors, a representative for the actress said Monday.

The voluntary agreement calls for the former couple's six children, who range in ages from eight to 15, to continue to have "therapeutic visits" with Pitt for the time being. It is unclear what therapeutic visits entailed, and Jolie Pitt's representatives could not provide additional details.

A representative for Pitt declined comment.

Monday's statement said the agreement was reached more than a week ago, although Pitt told a court on Friday that he is seeking joint custody.

Jolie Pitt filed for divorce in September, days after Pitt was involved in a disturbance during a private flight with his family. She cited irreconcilable differences as the reason for the breakup, and an attorney said at the time she filed for divorce "for the health of the family."

The agreement has not been filed in the couple's divorce, and may not be the final custody arrangement governing the actors' children.

Pitt and Jolie Pitt reached a temporary custody agreement in late September that includ-

ed at least some of the same terms — visitation with his children and both sides agreeing to meetings with therapists.

"We believe that all sides are committed to healing the family and ask for your consideration during this difficult time," Monday's statement said.

The actor filed a legal response to the divorce on Friday and sought joint custody of the children. Formal custody arrangements are included in a couple's divorce judgment, although they are rarely made public in celebrity divorce cases.

Pitt's filing did not include any new details about the couple's breakup. Pitt cited irreconcilable differences and makes no mention of a prenuptial agreement that will govern how the pair divides their assets. He also cites Sept. 15 as the day of their separation, one day after the alleged plane altercation between Pitt and his 15-year-old son, Maddox.

Pitt was accused of being abusive toward the teenager, sources told The Associated Press, but authorities were not notified when the plane landed in Minnesota. Several sources said the incident was being investigated by the Los Angeles County Department of Children and Family Services, but the agency said it could not confirm whether it was involved.

The actors were married for two years and together for 12 years after becoming close while filming 2005's *Mr. & Mrs. Smith*. THE ASSOCIATED PRESS

AWARDS

Thien pays tribute to mom at Gillers

Madeleine Thien paid a touching tribute to her late mother after being awarded the \$100,000 Scotiabank Giller Prize for *Do Not Say We Have Nothing*, capping a season flush with accolades for the Montreal-based writer.

After Thien thanked the jury, acknowledged fellow Giller finalists and her loved ones, she expressed the wish that her mother could have been alive to share in celebrating the honour.

"She arrived in Canada 42 years ago and passed away too young in 2002," Thien told assembled guests at a lavish televised gala held at the Ritz-Carlton in Toronto Monday night.

"She wanted me to be free in this world, to live with confidence, to love and be loved. She taught me to be kind and how to be brave."

Honours and acclaim have poured in for the Vancouver-born writer, who recently received the Governor General's Literary Award for fiction for her bestselling novel. Her book was also shortlisted for the prestigious Man Booker Prize.

Do Not Say We Have Nothing



Madeleine Thien CP

(Knopf Canada) is set in China before, during and after the 1989 Tiananmen Square protests.

The heart of the story involves three Chinese musicians who are studying Western classical music at the Shanghai Conservatory of Music in the 1960s, and explores the revolution that occurred under Mao Zedong and the many political campaigns that pulled apart people's lives.

THE CANADIAN PRESS

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Canadian Finals Rodeo

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Getting the most out of the rodeo

AGRICULTURAL EVENT

Discover all there is to do during Rodeo Week

Krista Sylvester

When rodeo takes over Edmonton, the city takes on a different personality; the pace slows, strangers nod and say good morning, people hold doors — this is the time when western hospitality shines.

That's why the folks down at Canadian Finals Rodeo are encouraging people to embrace the Western lifestyle this week, according to spokesperson Sherri Drewe, who says the whole city is getting in on the fun for the 43rd annual CFR.

"It's a great time to explore the city because so many businesses and restaurants embrace Rodeo Week," she says. "This week is a great time to view the city through different lenses and experience your favourite places — while discovering new ones — in a different atmosphere."



You don't have to be a traditional cowboy or cowgirl to enjoy the events available during Edmonton's Rodeo Week. NORTHLANDS

+ DON'T FORGET

Meet the competitors

Each day, a different group of CFR competitors sign autographs and chat with fans. It's an opportunity to meet the people you've seen compete and shake hands with a champion.

Contestant autographs are located at the Six-Pack Autograph Booth, NE Concourse behind section 120. Days and times vary; full details are available at cfr.ca/rodeo/schedule.

since then it has grown to almost \$1.6 million, according to Canadian Professional Rodeo Association (CPRA) operations manager Kyle Rock.

"These competitors basically pay their dues all year and this is where it really pays off for them," he says, adding the stands are always full to the brim of supportive guests.

"It's not just come to the rodeo and leave; there is so much to see and do and a lot of that is through our partnerships with Northlands and Farmfair International. I don't know if we ever perfect it but we learn something new every year."

And it couldn't be done without the support of the thousands of people involved from Northlands staff, to volunteers, competitors and those working behind the scenes to keep everyone safe and having fun.

"It's absolutely incredible the amount of work that goes into his and the number of hours is staggering," Rock adds. For more information, please check out cfr.ca.

And it's okay if you're not a traditional cowboy or cowgirl; anyone can get in on the fun.

"You can get fully immersed in the western lifestyle by combining the CFR and Farmfair International experience — and the best part is they don't overlap, so you can explore Farmfair and then walk across the pedway to experience the CFR," Drewe adds.

Farmfair International is a world-class event and admission is free with your CFR ticket.

"This event gives you a look into Alberta's agricultural in-

dustry and features some fan-favourite events like Heritage Ranch Rodeo, the Stock Dog Competitions, Heavy Horse Pull, Trick Riders and Rodeo's Future Champions, just to name a few."

Drewe encourages people to take in as much of the Rodeo Week events as they can and not be afraid to ask questions and meet the people who live and breathe the western way of life.

The rodeo itself started in 1974 when the prize money up for grabs was just \$29,000. That may sound like a lot, but

CFR is the best of the best

Bull riding and bareback riding are two of the most popular events so if you get a chance to take in one of these performances, be prepared for some adrenaline-pumping, heart-pounding action unlike anything you've experienced before.

But there are other great events, too, says Northlands spokesperson Sherri Drewe.

"Don't forget about the Ladies Barrel racing, which is an incredible show of teamwork and trust between human and animal. Their performance at CFR is one of the highly anticipated events."

Leader Kirsty White raised her horse Racey from a colt and has one of the strongest bonds a rider can have with her horse. Another fan favourite is the



Bull riding is one of the most popular CFR events. NORTHLANDS

Wild Pony Racers, which features rodeo kids showcasing their pony riding talents in the dirt at CFR.

"Teams of three try to tame

a wild pony long enough for one of them to hop on for two jumps. Trust me, it's tougher than it sounds," Drewe adds.

— KRISTA SYLVESTER



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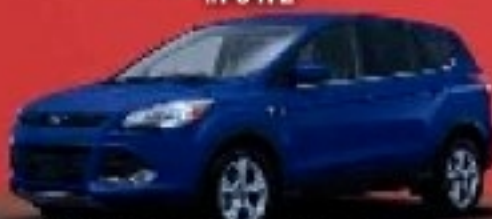
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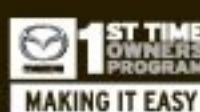


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ADDING TO THE EXCITEMENT

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Krista Sylvester

The opening at Canadian Finals Rodeo is not-to-be missed.

This incredible production pumps up the crowd with the cowboys, pyro and excitement and every night is an impressive display you have to see for yourself, says Niki Flundra, who has been producing the show for over 16 years.

"There are a lot of hours put into this show not only during the event but in the weeks leading up to it," Flundra says. "But I really love rodeo and love the people of rodeo so I really enjoy the job and the creative outlet that it

gives me so it doesn't really seem too much like work."

That's not to say it doesn't take a considerable amount of effort.

"I come up with the concepts and write the scripts on what is happening, plan the special effects and what's happening on video, plan what the announcers say and the music; there are a lot of details involved and it takes a considerable amount of time to take care of all of the moving parts."

Flundra has been working on the production since late September and has different themed openings planned for each night of the rodeo.

"There will be some pretty unique surprises this year including bringing back some past champions and we're going to honour a lot of our year end award winners and just do some really great stuff centred around rodeo people."

The production ranges from eight to 10 minutes each night before the rodeo.



Two young boys solemnly wait for the the fun of the opening show to begin, including the excitement of fireworks. NORTHLANDS

It's a cinch for one artist at the art mart to keep horses comfortable



One artist is only out to impress the rodeo's horses. NORTHLANDS

Artist Jim Bibaud doesn't get much feedback from his clients, but that's OK with him. His customers don't talk much anyway, they're horses and Jim Bibaud makes cinches. Bibaud's company, Alberta Cinch, will be showing and selling at the Western Art Gallery during the 2016 Canadian Finals Rodeo.

In Western Riding the term for tack or girth is cinch. They are used to keep a saddle in place, wrapping under the rib cage and attached to either side of the saddle by a latigo, usually leather. A cinch is made of multiple

strands joined at either end by a large ring. Cinches can be made from cotton, synthetic fibres, mohair or a mix. They can be backed by felt or fleece. Bibaud uses mohair.

"The comfort for the horse is number one," he says. "Mohair is a natural fibre, it's durable, strong, it breathes, wicks moisture away from the horse resulting in comfort."

Bibaud has been comfortable around horses his whole life. He began riding when he was two and at eight was helping his dad on trips in

the Rockies. He learned quickly their lives depended on the horse so the horse's welfare was paramount. After some career changes and raising a family he rode full circle back to horses.

"I always had a interest in tying knots and it started from when I was young and going on many pack trips with my family. I saw an article in a magazine on cinch making. I contacted the instructor for more in depth information and started from there. Within my first cinch or two I was hooked! Shortly thereafter I travelled to

Sheridan Wyoming to learn all I could about the art. I have a background in fabrication which enabled me to put my own spin on things as well," he says.

He says he gets his own inspiration from things such as saddle pads, blankets and traditional and historic cinch designs but he because he custom builds a lot of the designs come from the imagination of his customers.

The human ones that is, horses don't talk but if they could. . .

— WILL MCGUIRK

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+ LEARN THE LINGO

"Chasing the cans" and "luck of the draw" are just the tip of the iceberg when it comes to rodeo lingo this week but the Canadian Finals Rodeo (CFR) has you covered. There will be a multitude of terms and phrases you'll hear in the stands and over the speakers in Northlands Coliseum this week but just to help you out, rodeo announcer Brett Gardiner has compiled a snapshot of unique lingo you might hear a lot of this week. This is just a short list, but for a more extensive look at Rodeo Lingo 101, check out cfr.ca.

Barrelman or Rodeo Clown:

An entertainer who hides in a barrel until he is needed to distract a bull or protect the cowboy.

Chasing the cans: The rodeo nickname/term for barrel racing.

Chute fighter: A rough stock animal that tries to fight the cowboy before they've left the chute.

Hooey: The knot that a cowboy uses to finish tying the calf's legs together in tie-down roping.

Luck of the draw: Daily draws that determine which animal the cowboys will be competing against.

Out the backdoor: When the rider is thrown over the back end of an animal.

Riggin: The leather pad in bareback riding or the rope in bull riding on to which the cowboy holds.

Spinner: A bull that spins or turns as if chasing its tail. These animals bring in high scores, especially if it spins left and right. KRISTA SYLVESTER

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You can bet on Farmfair

AGRICULTURAL FAIR

Cattle, horses, dogs and plain old fun

Krista Sylvester

It's all about agriculture's past, present and future.

Farmfair International is heading into its 43rd year as one of the longest-running agricultural events in Alberta and Western Canada — with good reason, according to Northlands Agriculture manager Suzanne Bielert.

"Farmfair International hosts thousands of guests each year and it's a well-rounded event that has elements of entertainment, competition, education and commerce," she says. "The event has grown a lot over the years and this year we are very excited to have even more international interest."

Specifically, there are more than 70 registered buyers coming from around the world — including the Commonwealth of Independent States, European Union, Latin America, North



Cattle shows are among the many events that celebrate agriculture at Farmfair. NORTHLANDS

America, Oceania and South America — to check out the genetics and livestock at Farmfair, Bielert adds.

"We showcase our Alberta beef producers and Western Canada producers and it's very important to be able to do this because we are proud of the

quality of our livestock, especially when we are drawing this amount of interest from international buyers."

Alberta is home to the largest percentage of commercial cattle breeders in Canada, boasts the largest equine population in Canada and has surpassed On-

tario as the largest food processing province in Canada, which is why Farmfair International has become such an integral part of the Canadian Finals Rodeo.

"Farmfair is the one place in the province where the industry does in fact come together to celebrate those statistics since

+ MARKETPLACE

Visitors can find everything uniquely western and shop at more than 200 booths in the RAM Country Marketplace, which features leather goods, saddles, apparel, home decor, food and art. This unique exhibit also showcases western artwork in the Western Art Gallery, livestock trailers and agriculture-related equipment and machinery.

the inception of Farmfair International — we have always been all about celebrating Alberta and Canadian Agriculture," Bielert adds.

And that's not all Farmfair does, as there are many activities for families and people of all ages.

Visitors are entertained, educated and engaged with beefed-up purebred and commercial cattle shows, world class equine sales, competitions and clinics. Guests can enjoy a wide variety of western excitement, including stock dog trials, the Heritage Ranch Rodeo and more.

Farm boys show off their skills

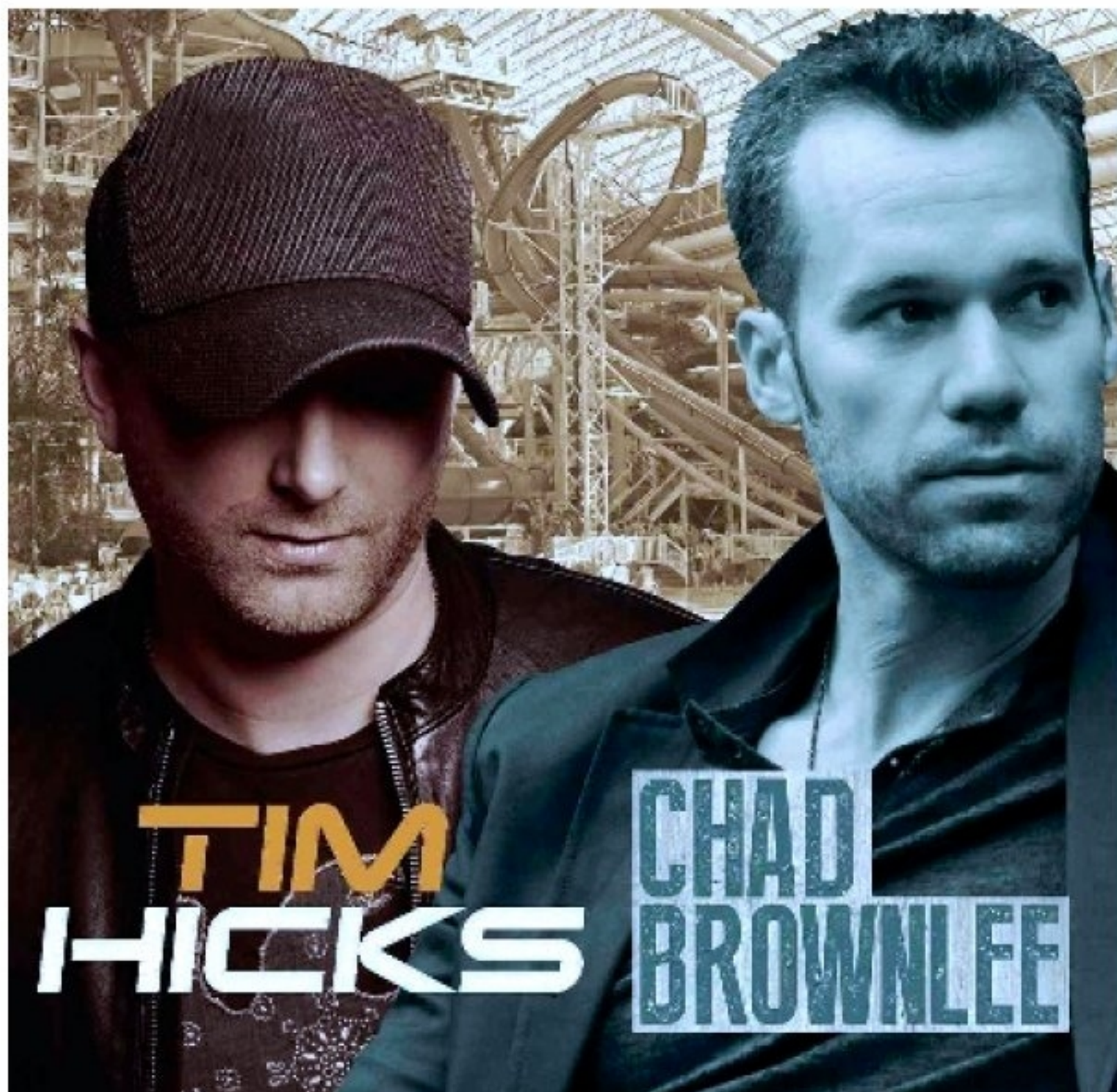
This year, 16 working ranches from across Western Canada will compete for top honours in the 12th Annual Heritage Ranch Rodeo. Traditional ranching methods — originally developed many years ago and still used today — will be transformed into exciting events that demonstrate the lifestyle and skills associated with the cattle ranching industry, according to Northlands agriculture manager Suzanne Bielert.

"This is a different kind of rodeo because this is where people get to see working cowboys from the farm and see what they do every day on the farm in these competitive events based on what they do at home," she explains. "This is more than a hobby for these people; this is a lifestyle for them, so it's really cool for people to see what goes into farming."

The competitive events include:

- Wild cow milking
- Team sorting
- Team branding
- Team doctoring
- Wild horse race
- Bronc riding

— KRISTA SYLVESTER



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High Valley brothers Brad and Curtis Rempel (left), Chris Janson (top right) and Brett Kissel (bottom right) provide musical entertainment during the Roadhouse Concert Series. NORTHLANDS

Post-rodeo, rock out

COUNTRY MUSIC

Roadhouse concerts offer a great way to party after a rodeo day

Krista Sylvester

Kick off your boots after an exciting night of riding, roping, broncing and bucking action with some great music and drinks.

Country stars Chris Janson, Brett Kissel and High Valley will be taking over the Edmonton EXPO Centre, Hall E from Nov. 10 to 12 for The Roadhouse Concert Series, according to Northlands spokesperson Sherri Drewe.

"The Roadhouse is your official post-rodeo concert destination

and the lineup is outstanding," she says.

Up-and-comer Chris Janson has been called "the future of country music." His wild and unpredictable style is what brings fans flocking to his shows. Brett Kissel (2016 CCMA Fan Choice and Male Artist of the Year) is an Alberta boy with a love for rodeo. His performance during the CFR run is a perfect fit. High Valley (CCMA Group or Duo of

the Year) are two Alberta brothers making big waves in country music internationally.

Canadian Professional Rodeo Association (CPRA) operations manager Kyle Rock says the music offerings are a great addition to the rodeo while helping to grow the audience.

"It's a great partnership because we are seeing a wider spectrum of audiences coming out to the rodeo," he says.

+ WHAT YOU NEED TO KNOW

- All shows are 18+
- Dates: Nov. 10, Nov. 11, Nov. 12
- Doors open: 9 p.m.
- Performance starts: 10:30 p.m.
- Tickets: \$25 at ticketmaster.ca* or at the door
- Tickets available online until the start of the show
- Location: The Roadhouse, Edmonton EXPO Centre Hall E

*Ticketmaster convenience and handling fees will apply.

Blending old school country vibes with cutting-edge attitude

The Canadian Finals Rodeo tradition spans generations. It is a family affair, and for country music star Brett Kissel, rodeo is very much part of his family's traditions.

"Ever since I was a kid I loved the rodeo," says the Juno winning Albertan. "In my hometown of St. Paul, I used to count down the days until I could watch the Lakeland Rodeo Finals. Fast forward a few years, and I got to attend and perform at my first ever CFR in Edmonton. The atmosphere, the city-

wide celebration and the buzz in the arena was something I'll never forget. Since 2001, I've actually never missed the Canadian Finals Rodeo in Edmonton. It's almost like Christmas to me. That's how much I love it!"

Kissel will be bringing the love to this year's CFR entertainment lineup. He plays at the Roadhouse Nov. 11, Chris Janson plays the night before on Nov. 10 and family duo High Valley, brothers Brad and Curtis Rempel, are on

stage Nov. 13.

Brother Brad says there are pros and cons to being on the road with his sibling.

"The pro is that we get to be together all the time and the con is that we are together all the time. It works out really well! Brad makes sure things are getting done and I make sure people are having fun while things are getting done," he says.

Both acts have been getting 'er done. Kissel has an all

ages cross-Canada tour called "Ice, Snow and 30 Below" beginning in the new year and High Valley have a new album, *Dear Life*, coming out Nov. 16.

Tradition plays a big part in their lives and their music.

"We always bring all the old school country and bluegrass elements," says Rempel. "From the instruments down to the type of lyrics we write in our songs. Our producer Seth Mosley knows how to bring the cool factor and make our music sound

old school and cutting edge at the same time."

Kissel too values the nostalgic country vibes, memories of which are triggered by visits to places such as the Canadian Finals.

"In today's country music, there are barely any songs that touch on the western way of life, or rodeo for that matter. So when I breathe in that country air, and can soak in the sights and smells of the CFR in Edmonton, it takes me back to listening to 840 CFCW, and

CISN Country 103.9 when I was a kid, and hearing my heroes like George Strait and Garth Brooks sing 'Much Too Young to Feel This Damn Old' or 'Amarillo by Morning'," he says.

While he has written about the romance of radio on his hit "Airwaves," he says he has yet to write about the wonder of the rodeo.

"Rest assured, when I do, I will draw on the experiences I had during the Canadian Finals Rodeo," he says. — WILL MCGUIRK

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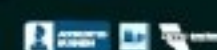
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Jordan Hansen was ranked number one until a broken leg in July interrupted his year. NORTHLANDS

Jordan Hansen ready to get back on top

BULL RIDER

Freak accident doesn't keep him from fourth straight CFR

Krista Sylvester

He was ranked number one when it all came crashing down on him — the bull included.

Professional bull rider Jordan Hansen was competing in Cheyenne in July when a freak accident left him with a broken leg that doctors thought would prevent him from riding in the

Canadians Finals Rodeo (CFR) this weekend.

"It was kind of a freak accident because the bull actually stepped on my head and shoulders while I was standing upright and when I went to get up I had a sore ankle but I wasn't sure why. It turned out to be broken in a few places so I had to drive home for my surgery," Hansen explains.

At the time, Hansen was ranked number one and was worried he wouldn't make it

to the CFR for the fourth time straight — but he proved his doctors wrong. He was just cleared to compete again, and this weekend will be his first competition since his injury.

"I'm definitely not 100 per cent and I wish I could be in better riding shape but I'm so excited to get back out there. I pushed myself hard to be ready for this and it was my goal from get go — it's pretty hard to keep me away from the CFR."

On one hand, Hansen said it's been hard to sit on the sidelines and watch his competitors making money, but on the other hand he was happy for his friends to be doing so well.

"I definitely prefer to be competing and riding with my friends though, that's

for sure," he adds.

Fortunately, only a couple of riders have passed him in rankings and Hansen is expecting a lot from himself his first time back.

"Second place doesn't satisfy me. I want to go in and win it all — I think that's everybody's goal but I won't be happy until I win it."

After that, Hansen will head to the United States and try to qualify for the coveted National Finals Rodeo in Vegas — but for now, his eyes are set on top prize at the CFR this weekend. Since Hansen hails from Okotoks, Alberta, his family be there to cheer him on.

"My girlfriend, my mom, my dad, my friends — I will have a lot of support. I just have to go out and do well," he adds.

Stunt double life leads to fun experiences

Who knew getting thrown off a horse would lead to such an interesting side job?

For professional ladies barrel racer Katie Garthwaite, that's exactly what happened when she was helping out as an unofficial movie stunt double for what she thought was a one-time experience four years ago.

"My husband was working on movies and they needed a girl to get thrown off her horse, so I went to Vancouver for three days to film. It turns out it wasn't just a regular horse fall; I was actually ratcheted off the horse," she explains. "After that, I was kind of known as the tough girl because I took a big hit... and now I have worked enough to have join the union."

Garthwaite's stunt double life has led her to many fun experiences but filming the Oscar-winning Leonardo DiCaprio film *The Revenant* in South America was one of her favourites.

"I'm an adrenaline junkie and barrel racing has actually helped me a lot, because when

you're working on movie sets, it's in a high pressure situation and even if it's a different setting than the rodeo you still have to be aware of so many things, so my experiences have really helped."

Stunt doubling aside, Garthwaite — who was born in Oregon but lives near Mission, B.C. — is about to compete in her third Canadian Finals Rodeo (CFR) this week. She says the competition this year is tougher than ever.

"I feel good; every year is a different year with different girls and it was really tough to qualify this year. That's not to say it's not hard every year, but this year it was a tough group and a lot of different girls. I'm just fortunate to be a part of it," Garthwaite says.

"But since it's my third time, it gets a little easier because you know where you need to be, what you need to do and what they expect out of you."

Garthwaite enters the competition as the 12th ranked qualifier in Ladies Barrel Racing. KRISTA SYLVESTER



Professional ladies barrel racer Katie Garthwaite is about to compete in her third Canadian Finals Rodeo. NORTHLANDS



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Dream year for Miss Rodeo as she passes crown

PROFILE

Samantha Stokes reflects on her amazing year

Krista Sylvester

It's been a dream come true for 2015's Miss Rodeo Canada Samantha Stokes, who is about to pass her crown on to the next ambassador during this year's Canadian Finals Rodeo.

For Stokes, it's a bittersweet ending to what has been one of the best years of her life. She has grown from a 19-year-old who rarely drove into the city by herself to a 20-year-old who fearlessly flies to some of the largest airports around the world.

"This last year has been an absolute dream come true for a small-town farm girl from Northern Alberta," she says.

"I never travelled at all before I was crowned Miss Rodeo Canada, but now I have enjoyed the experience of travelling all over the United States and to

four different countries, so I've really grown over the past year as a person."

Stokes, who just returned from appearing at a rodeo in Australia, says travelling across the world was made easier with the support of the people she met everywhere she went.

"It's amazing to see all of the relationships you make and it seems like all over the rodeo trail there are so many similarities. It's neat to experience this huge sense of family wherever you go. Rodeo is just one big family, no matter where you go and that's what I really enjoy," she adds.

As Miss Rodeo Canada, Stokes is an official ambassador for the Canadian Professional Rodeo Association (CPRA), a title that comes with the responsibility of being booked for up to 700 appearances over the year.

"It's so much fun but you have to be very dedicated to take on this title. You can't go to school or work for the entire year, but I find it very rewarding and it was an amazing year that I will treasure forever."

Stokes is ready for the next chapter in her life though, and that includes finishing her Bachelor of Education degree

+ CROWNING

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Desirae Jackson

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2015 Medicine Hat Exhibition & Stampede Queen Ali Mullin

on her journey to becoming an elementary teacher.

She has some advice for the next winner to never "conform to society's mold of perfection or beauty."

"Whoever wins will win because of her kind heart and personality, so I just want to say that they should enjoy the year because it's a whirlwind and it can just slip through your fingers," Stokes adds.



2015's Miss Rodeo Canada Samantha Stokes. NORTHLANDS

Get rodeo ready with cowboy fashion tips

It's all about plaid, a good pair of jeans and a rockin' belt buckle.

Whether you're brushing the dust off of your cowboy boots or need to pick up a new pair at the Canadian Finals Rodeo (CFR), Northlands spokesperson Sherri Drewe has some tips for rodeo fans to look their best this week.

"Rodeo is stitched into the fabric of Alberta's western heritage. The CFR is the perfect outlet to channel your inner cowboy or cowgirl and celebrate the western traditions our province was built on," Drewe says. "When it comes to gearing up, Lammle's is the go-to place for any budding — or veteran — cowboy or cowgirl."

First though, Drewe has some tips for rodeo goers gearing up for this year's event, and it starts with trying to avoid black — especially for jeans — because black shows all of the dust and dirt kicked up during rodeo.

"Speaking of jeans, boot cut or skinny are the top style

choices for the rodeo and you can't go wrong with either."

Drewe says every pair of jeans needs a great looking pair of cowboy boots, but she encourages breaking them in before attending the CFR since there will be a lot of walking involved.

"If you're planning to buy a new pair here and want to wear them immediately, remember to get insoles, too," she adds.

And no country outfit is complete without a good shirt and some accessories.

"When in doubt, wear plaid; it's a rodeo staple. Belt buckles are also a rodeo essential and you can find some great ones at Lammle's or search them out at second-hand stores to complete your look."

The RAM Country Marketplace located in the Edmonton EXPO Centre has great deals on boots, clothes, decor and everything Western for those who need to pick up some last minute options. KRISTA SYLVESTER



From the right jeans to the perfect belt buckle, look your best for rodeo week. NORTHLANDS

Veterans are paving the way

ON THE CIRCUIT

Experienced riders reflect on how things have changed

Krista Sylvester

If you're wondering whether experience and age will win over youth and vigour, you're not the only one.

But whatever happens at this year's Canadian Finals Rodeo (CFR), long-time bull rider Scott Schiffner knows he is part of something special. As the most experienced bull rider with 16 CFRs under his belt, he knows he has some stiff competition when it comes to the younger competitors.

"Some of these kids were riding steers when I was riding bulls, so it's been a lot of fun to watch them grow up and develop and see how talented they are and what great competition they have become," Schiffner says.



Scott Schiffner, left, and Dustin Flundra both have 16 CFRs under their belts. NORTHLANDS



"It keeps me motivated because they are so talented, and it makes me feel good when I can beat some of them once in a while, too."

Schiffner has been on the professional circuit since 1998, missing only three finals since then — something he attributes

to staying healthy.

"Staying healthy is the major thing and I've been really lucky. Of course I've had injuries but for whatever reason, nothing too major where I wasn't able to come back. Bull riding is a sport you truly have to love, and I'm very fortunate that for over 20

years now I've been enjoying going to work every day," he adds.

Schiffner often gets asked when he's going to hang his hat up, so to speak.

"I don't know when I will retire but I do know three things will dictate how much longer I stay: if I'm still loving it and

having fun, if I'm winning and competitive and if I'm healthy. Right now I've got all three of those going, and if one goes away then I imagine I would leave pretty quickly after."

When you've been around as long as Schiffner has, you notice things changing over the

years. Of course, the biggest and most obvious change is the prize money, which has ballooned to almost \$1.6 million. Another major change, according to Schiffner, is the quality of the animals in competition.

"The bulls have gotten unbelievably good because of all of the genetics, and stock contractors work so hard at taking really good care of these animals. They even have their own workout program and exercise regime. The bulls have almost left some of us bull riders behind by getting so good, so quick."

Bronc rider Dustin Flundra has also spent 16 years on the CFR circuit and he agrees that the animals have become a lot more challenging — as well as the competitors.

"The calibre of the horses has grown and gotten better. The calibre of the cowboys has always been great but there are always new ones coming up, and this year a bunch of young guys are very good, too," he says. "It's cool to see the enthusiasm these young guys have when they qualify for the first time. I remember what it was like my first time too, but now I get a different kind of butterflies."

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Volunteers give their time and energy to ensure events run smoothly and participants have the most enjoyable experience possible. NORTHLANDS

Volunteers 'the heart and soul of Northlands'

Will McGuirk

There will always be those who give more than they take. At Northlands and for the Canadian Finals Rodeo it is the many volunteers who give of their time and energy to ensure events run smoothly and participants have the most enjoyable experience possible. They give of themselves and they give for a variety of reasons.

Volunteer Shaun Pope, Chairperson, Timers/Scorers/Media Runners, says he gives of his time for the opportunity to meet different people.

"I enjoy volunteering and meeting all the interesting people from the rodeo contestants to the production crew to other volunteers", he says. "I enjoy my time at CFR because of all of these combinations."

Virginia Pegg, Supervisor of Volunteer Services at Northlands says it's the combination of skills

volunteers bring that makes them so valuable and important to Northlands and the CFR. She says they mean "everything" to the organization of events.

"They are the heart and soul of Northlands from the volunteers who meet and greet our guests as they enter the grounds, the balloon carriers at the K-Days Parade to the Courtesy Vehicle drivers who greet national and international guests at the airport to the office helpers, volunteer committees and beyond. Without them no matter what amazing visions Northlands staff have for programs and events throughout the year the show could not go on," she says.

Pegg says the CFR has its own set of challenges and volunteers are an integral part of the planning and delivery of programming.

"Rodeo Magic is a program for special needs kids which is run by a volunteer committee supported by staff and cowboys. They give tractor and horse

rides, face painting and cow toss and more. They then follow up with hospital visits with cowboys to the Stollery and Glenrose," she says.

Other tasks include looking after the cowboys, ensuring they get the materials and outfits they need and get to their hotel rooms and events without a hitch.

While volunteers give Northlands gives back too, it's not a one way trail. There is a Volunteer Appreciation event, as well as ticket discounts giveaways and meal vouchers for the volunteers.

"We believe in thanking our volunteers as much and as often as we can. From a personal thank you, to letters, instant memory makers where they can win anything from a Timmies' gift card to a Cineplex pass and more," says Pegg.

Pegg says new volunteers are always welcome and needed. Applications are available online at the Northlands website.

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Ag For Life is a non-profit organization dedicated to increasing awareness around the importance of agriculture. CONTRIBUTED

Agriculture thriving

CAREERS

Opportunities ranging from farms, finance to creative

Will McGuirk

When it comes to jobs, the talk is all trades and tech, but Heather Hanlon, program coordinator for Agriculture for Life, says by far the greatest

need lies in the agriculture industry. Many of the opportunities exist on farms, but students with agriculture degrees in sales, marketing and finance positions are in high demand. Innovative thinking and creative workers are needed as the world faces problems around climate change and hunger, she says.

"Agriculture is a huge and thriving industry with opportunities ranging from primary production to animal and plant care and sciences, finance, research and innovation, marketing, retail and trades."

A recent study by Canadian Agricultural Human Resource Council (CAHRC) indicates almost 4,000 on-farm job vacancies across Alberta. There is a seven per cent vacancy rate, higher than any other sector.

Ag For Life is a non-profit organization dedicated to increasing awareness around the importance of agriculture. They work with corporations from agri-services, energy, financial as well as farmers, ranchers and community leaders to deliver hands-on education on the importance of food sustainability as well as other farm-

ing issues.

"The ThinkAg Careers program provides students a great foundation to explore the vast array of career opportunities. From grain marketing, to crop advising, to computer programming, there is a demand in the agriculture industry for skilled and passionate individuals. The job growth that the agriculture industry is having is not seen in other industries at this time, and teachers and school administrators are recognizing the value of exposing students to the programs like ThinkAg Careers," she says.

A ThinkAg career expo will be held at this year's Canada Finals Rodeo at the Northlands Coliseum on Nov. 9. Groups of junior high and high school students will be able to spend the day exploring six locations with 15-minute information sessions and demonstrations.

"Participants will visit several stations that are led by experts as they learn about the careers in agronomy (plant sciences), animal science, genetics, agriculture trades, agriculture business and finance, and emerging agriculture technologies and innovation," she says.

The focus at present, says Hanlon, is on rural-based students. But increasingly it is urban youth who are looking to understand the field-to-fork trajectory. With more than 80 per cent of the population living in towns and cities, there is a deficit in food education.

"For many of us, our closest connection to food production is when we buy it at the grocery store. Combined with the fact that much of the information we receive at the grocery store or online is based on marketing which doesn't necessarily reflect science, people have serious questions about our food sources and production. And so, consumers are looking for opportunities to learn about where their food comes from, such as growing some of their own food, visiting farms and researching. Luckily there are countless farmers, ranchers and agriculture professionals from across Alberta who volunteer their time to help answer consumers' questions about food," she says.

Hanlon recommends those seeking further answers should attend Farmfair during the rodeo and talk to the exhibitors. She also suggests researching the many post-secondary programs available and to register for the information sessions ThinkAg holds. Registration for their Nov. 9 information sessions and tours is open. More information is available on their website: agricultureforlife.ca/thinkag-careers.

STOCK DOG COMPETITION

Dogs with a love for the job

Patience, a willingness to work and superior agility are just a few of the traits these four-legged competitors have in common.

As the 45 entrants in the Northlands Stock Dog Competition prepare for this weekend's event during the Canadian Finals Rodeo, we asked Alberta Stock Dog Association President Corey Perry to tell us more about the working dogs featured in the event.

"This is a timed event where stock dogs must run sheep through obstacles as they herd them into a pen. The handlers are only able to communicate with their dog through whistles or voice commands, so it highlights the relationship between the handler and their dog," he explains.

Most of the dogs are Border Collies, as well as a few Australian Kelpies and one Australian Shepherd from all over Alberta, Saskatchewan and even B.C.

"These are dogs that like to work and this is what they are bred for and what they enjoy doing. Working dogs tend to have a strong desire to work, whether it's at home or on an agility course or even just chasing a ball. It's a lot easier to train them when they have the desire to work and learn," Perry adds.

Perry encourages rodeo goers to check out the event and even visit with the handlers and their dogs before or after. "There are a lot of audience members who have the same breed of dogs who like to chat with the competitors before and after, which is great."

KRISTA SYLVESTER

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+ COMPETITION DETAILS

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First Run: Nov. 12 - 12 p.m.

Second Run: Nov. 13 - 2 p.m.

Finals (Top 20 per cent): Nov. 13 - 4 p.m.

Location: Hall D, Edmonton EXPO Centre



Stock dogs run sheep through obstacles as they herd them into a pen. ALL PICS NORTHLANDS



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Rodeo brings the city to life

ALL THINGS WESTERN

Tourism from Rodeo Week a huge boost to local business

Krista Sylvester

It's all about Rodeo Week in Edmonton right now.

The Canadian Finals Rodeo, Farmfair International, Edmonton Tourism and Northlands partnered up again this year to bring the city alive during Rodeo Week, according to Edmonton Tourism communications manager Renee Williams.

"Rodeo Week is really about focusing on all things Western and it's a fantastic time to celebrate the lifestyle," Williams says. "We've helped develop a week's worth of activities for families, millennials and people who just want to go spectate some of the athletes showcasing their athletic prowess as the city embraces the Western lifestyle."



Rodeo Week brings a large number of regional visitors to Edmonton. NORTHLANDS

Rodeo Week is a huge boost to local business including restaurants, hotels and retail shopping, adds Williams, who says the whole city benefits from the event.

"We get a really large number of regional visitors coming to Edmonton for Rodeo Week and a lot of them are bringing their families and staying in our hotels and eating at our res-

taurants and shopping in our city. It's really great to see the city come alive and the businesses that get to reap some of the benefits."

And Williams wants to re-

mind visitors there's much to do beyond the rodeo around the city.

"We have a number of attractions people enjoy including West Edmonton Mall, which

+ EVENTS

- Miss Rodeo Canada Pageant - Nov. 9 to 12 - the Chateau Lacombe
- Canadian Mechanical Bull Riding Championships - Nov. 9, 9:30 p.m. - Cook County Saloon
- Mr. Rodeo Canada - Nov. 10, 8:30 p.m. - Knoxville's Tavern
- The Ranch Roadhouse Events - Buck Wild Wednesdays, Glo-deo Thursday Friendship Party Part II Ladies Night Saturdays

has a water park, shopping and a great hotel, Fort Edmonton Park, the Angry Birds exhibit at the Telus World of Science, Elk Island Park and so much more. We encourage visitors to figure out their Edmonton bucket list and make the most of their time here."

Beyond what's happening at Rexall Place for the rodeo, Williams encouraged residents and guests to check out cfr.ca to discover the local happenings across the city for Rodeo Week.

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A graceful, drama-free ride



REVIEW

Refreshed Pathfinder is comfy, easy



Jodi Lai
AutoGuide.com

The most important remark I heard when driving people around in the Nissan Pathfinder was, "Wow, this is comfortable."

People who remember Nissan Pathfinders from back in the day remember the truck-based-SUV that, while capable off-road, was a brute and not at all easy to drive anywhere civilized. This 2017 Nissan Pathfinder, which has just been refreshed, is still built on a unibody platform, something it looks like the SUV will do for the foreseeable future.

Why will Nissan stick to unibody? Because no one actually takes their Pathfinder off-road anymore — this is a crossover aimed at families who need space and a bit of capability, not a military-grade tank. During my time with the seven-seat Pathfinder, I used it to take a day trip into wine country, visit an outlet mall, ferry around my parents, pick up some pumpkins, and take a few bags of clothing to a donation depot. The worst conditions it saw was a gravel road.

But that's not to say the Pathfinder has gone completely soft. Although there is no option to lock the car in lower

gears, the Pathfinder should be able to easily handle most eventualities like a snow storm, dirt trail to the cottage, or drive across a field to get a Christmas tree.

Through a three-mode drive selector on the center console, you can choose to drive only the front wheels for maximum fuel efficiency, you can let the car decide where the power is needed in auto mode, or you can lock the rear differential for more challenging conditions.

The SUV also has a hill descent mode, which is like cruise control for driving down steep hills. It keeps the car at a crawling speed so if you are off-roading, you don't have to modulate the brakes or throttle; all you'd have to take care of is steering and making sure your wheels are pointed where you want to go.

The most standout aspect is how comfortable it is and how easy it is to drive in an urban environment.

I had no difficulty navigating the three-row SUV around condo parking garages, with the steering light enough at slow speeds to make tight turns effortless. A top-down 360-degree overhead view is displayed on screen when reversing or can be turned on at parking lot speeds, which makes things a lot easier. Even parallel parking was effortless because of that camera.

Sitting in the cushy driver's seat, you have a commanding view of the road, even with the thick A-pillar making for a pretty big blind spot.

THE CHECKLIST | 2017 NISSAN PATHFINDER

THE BASICS

Engine: 3.5L V6
Power: 284 hp and 259 lb-ft of torque
Transmission: CVT
Fuel Economy (L/100 km): 12.1 city, 8.9 hwy, 10.5 combined
Price: Starts at \$32,498, \$48,398 for top trim



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Tesla's new transparent feature

+ IN BRIEF

Toyota proves Prius can handle like a sports car

Teaming up with builder Gordon Ting of Beyond Marketing, Toyota has introduced the Prius G at the 2016 SEMA Show, inspired by the Japanese Prius GT300 race car. But this project wasn't just about transforming the mundane hybrid to a car that looks fast.

Ting built the Prius to hold its own on the race track. And to prove the point, the Toyota Prius G was taken out to Willow Springs International Raceway where it pulled 0.99 g on the skid pad, putting it in the company of performance sports cars that cost plenty more.

With more fine tuning, the team is confident that the Prius will be capable of pulling a full 1 g in the next round of tests.

JASON SIU/AUTOGUIDE.COM

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com



TESLA

Model S gets new glass roof option

Tesla has introduced a new glass roof option for its Model S and has discontinued P90D models for the Model S and Model X. The change was spotted on the U.S. electric automaker's website by Electrek, and the new all-glass roof will cost \$1,500 in the U.S., while the panoramic sunroof option will cost \$2,000, which is needed for roof rack and satellite radio compatibility. Tesla says the new roof gives the electric sedan an "open, expansive cabin feel," but not much other information on the new roof is available. Another change spotted in the online car configurator is that the P90D model has been discontinued. Customers can still buy a 90D, but without the P designation, Ludicrous mode can't be added on.

JODI LAI/AUTOGUIDE.COM

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FORD

New safety tech to help you swerve

Ford has announced its next-generation safety systems which are expected to be available within the next two years. The American automaker wants to help drivers by letting them know when they are travelling the wrong direction on the road, by making parking easier and by detecting and steering around obstacles in the road.

STEPHEN ELMER/AUTOGUIDE.COM



MACHO POWER WAGON

Ram brings the brawn

If you're looking for a tough truck that isn't all bark and no bite, the Ram Macho Power Wagon is one concept from the 2016 SEMA Show that fits the bill. Taking its name from the Power Wagon trim level from the 1970s, the Macho takes the Power Wagon's off-road capability and versatility up a few notches with Mopar concept and production products. One of the most eye-catching features on this truck is found in the 6'4" bed, as a Mopar concept sliding Ram-Rack can adjust to help securely store whatever outdoor toy you're looking to transport.

JOSH BURNS/AUTOGUIDE.COM



Crosby 1, McDavid 0

NHL Oilers rookie records three assists but Pens rally for win

Connor McDavid skated into the faceoff circle and looked up and there he was: his childhood idol Sidney Crosby.

The NHL's future versus the NHL's present. And as mature as the Edmonton Oilers' rising 19-year-old star can be on the ice, even he was a momentarily starstruck by the Pittsburgh Penguins captain. The proof came in what happened next.

"It was pretty funny that I take the opening draw against him and have him snap it back," McDavid said. "I don't even think I got my stick on it."

The jitters vanished almost instantly. McDavid more than held his own in his first meeting with the two-time MVP, picking up three assists. The Penguins, however, rallied for a 4-3 victory behind Connor Sheary's two goals, including the winner with 1:42 left.

"Every game we're down two we still think we have a chance to win," Sheary said. "Nothing was different for us tonight."

Evgeni Malkin and Carl Hagelin also scored for Pittsburgh while Matt Murray stopped 25 shots in his first home start since Game 5 of the Stanley Cup Final.

Crosby was held without a point for the first time this season but helped start the deciding



Penguins centre Sidney Crosby gets a pass off ahead of the Oilers' Connor McDavid in Pittsburgh on Tuesday.

GENE J. PUSKAR/THE ASSOCIATED PRESS

sequence by creating a turnover behind the Edmonton net eventually became a goal when Oilers forward Benoit Pouliot's clear attempt smacked off Sheary and by Oilers goaltender Cam Talbot. "I don't know who whacked it, but it ended up in the back of the net," Sheary said.

The Penguins won their fourth straight and remained unbeaten in regulation (6-0-1) while also praising McDavid

TUESDAY in Pittsburgh



and the upstart Oilers, who are atop the Pacific Division by playing a blazing end-to-end game that dares opponents to keep up. McDavid's line provided all

three goals, with Jordan Eberle getting two and Patrick Maroon getting the other, all on setups by McDavid.

"He doesn't need a lot of time and space," Crosby said. "It's one thing to kind of watch games and see it, but out there you can really tell he needs no time and space at all. If you're even with him, you're in big trouble so you better make sure you're a step ahead."



The Oilers return home to face the Dallas Stars on Friday.

THE ASSOCIATED PRESS

NHL Habs squeak out another nail-biter

Paul Byron scored with 1:02 left in regulation time to snap a tie and lift the Montreal Canadiens to a 3-2 victory over the Boston Bruins on Tuesday night.

Byron poked in a loose puck from a scramble after Alexander Radulov passed it into the crease. The goal stood up to video review.

Shea Weber and Alex Galchenyuk also scored for Montreal (11-1-1), which posted a second straight win since a 10-0 defeat in Columbus on Friday night.

TUESDAY in Montreal



Colin Miller and David Pastrnak scored for the Bruins, who still had legs in the third period despite playing a second game in as many nights after their 4-0 victory Monday night over Buffalo.

THE CANADIAN PRESS

IN BRIEF

Kings romp over Leafs
The Toronto Maple Leafs' three-game winning streak ended with a thud on Tuesday night.

Jeff Carter scored a pair of goals and Peter Budaj made 19 saves as the Los Angeles Kings trounced the Leafs 7-0 at the Air Canada Centre.

Frederik Andersen gave up four goals on 26 shots and was pulled for the first time in a Leafs uniform. Jhonas Enroth stepped in to make 14 saves in relief.

THE CANADIAN PRESS

CFL Franklin among week's top players

Edmonton Eskimos quarterback James Franklin, teammate Brandon Zylstra and B.C. Lions wide receiver Emmanuel Arceneaux were named CFL top performers of the week on Tuesday.

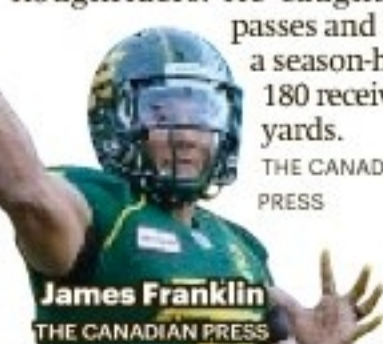
Franklin had a career-high four touchdown passes in Edmonton's 41-17 win over the Toronto Argonauts. He completed 18 of 23 passes for 335 yards.

Zylstra had two touchdowns and set a career high with nine

receptions for 186 yards.

Arceneaux had a pair of TD catches in the Lions' 41-18 victory over the Saskatchewan Roughriders. He caught 10 passes and had a season-high 180 receiving yards.

THE CANADIAN PRESS



James Franklin
THE CANADIAN PRESS

MLB Epstein voted exec of the year

Theo Epstein is rising to a new reality.

"For the last few years I've had a semi-recurring dream, maybe five or six times, where I've woken up, wow, we just won the World Series with the Cubs. That's unbelievable," he recalled Monday night.

"And then about 10 seconds later I realize it was just a dream, and then the rest of the day stinks, right? It's a pretty great feeling and then back to reality. The last five days or whatever it's been, I've been waking up with the same realization and then it takes a couple seconds. Wow! It really happened!"

Days after the team he designed ended a long championship drought, Epstein was voted The Sporting News Major League Baseball Executive of the Year for revitalizing the Chicago Cubs.

Balloting by 56 big-league executives took place before the post-season. The Cubs led the majors with 103 wins during the regular season, then beat Cleveland in a seven-game World Series last week for their first title since 1908.

"During the parade I kept telling my wife we need to go home to change some diapers and do some laundry, because this is not real life," he said. "We've got to get our feet back on the ground."

Epstein received 13 votes, followed by Cleveland's Chris Antonetti (nine), the New York Yankees' Brian Cashman (eight) and Texas' Jon Daniels (seven).

THE ASSOCIATED PRESS



We'd love to be the type of organization that national baseball fans think of when you think of October baseball.

Theo Epstein



Dennis Schroder of the Hawks defends against the Cavaliers' Kyrie Irving on Tuesday. DAVID LIAM KYLE/NBAE VIA GETTY IMAGES

NBA

Cavs taste defeat with loss to Hawks

Dennis Schroder scored a career-high 28 points and the Atlanta Hawks handed the reigning NBA champion Cleveland Cavaliers their first loss of the season, 110-106 on Tuesday night.

Cleveland (6-1) cut a 96-81 deficit early in the fourth quarter to 101-97 on LeBron James' basket with 3:14 to play. The Hawks scored the next six points, but three-pointers by James and Kyrie Irving made it 106-103 with 48 seconds left.

Paul Milsap's basket pushed the lead to five, but Kevin Love converted a three-point play with 25 seconds remaining. Kent Bazemore's jumper from the

TUESDAY In Cleveland



corner with seven seconds left put the game away.

Bazemore scored 25 points. Dwight Howard, who received four stitches for a bloody lip in the first half, had 17 rebounds. Irving led Cleveland with 29 points. Love added 24 while James, who scored two points in the first half, had 23.

THE ASSOCIATED PRESS

WORLD CUP QUALIFIER

Messi back just in time to face Brazil

Lionel Messi is back from injury, just the tonic Argentina needs in Thursday's World Cup qualifier against Brazil.

Messi missed Argentina's last three qualifying matches with an injured left knee, and the results showed with draws against Peru and Venezuela, and a 1-0 loss against Paraguay.

Thursday's match takes place in the same stadium where Brazil was humiliated two years ago in a 7-1 loss to Germany in the



Lionel Messi
GETTY IMAGES

World Cup semi-finals. But this time, the hosts will be focusing on containing Messi.

"It's impossible to stop the ball from reaching Messi because he will start floating around to get it," Brazil midfielder Renato Augusto said. "We need to take him out of his comfort zone." THE ASSOCIATED PRESS

Referees in spotlight over critical non-call

NFL

Seahawks in the thick of another officiating flap

Richard Sherman took the opportunity last week to criticize NFL officiating for what he deemed incorrect calls, almost daring the league to fine him for being so outspoken.

"Sometimes the truth is the truth, it's the truth," the All-Pro cornerback said last week. "It is what it is. This is basically reality TV, so I guess I'm good for ratings probably."

So it seemed almost fitting that just a few days after making some bold comments, Sherman was at the centre of another officiating flap in Monday night's 31-25 win over the Buffalo Bills.

Once again, NFL refs were in the spotlight of a prime-time game that left the league scrambling to provide explanations of what happened and the mistakes that were made.

Any time Dean Blandino, the NFL's head of officiating, has to send an explanatory tweet during a game about a mistake, it's not a good look for the league.

"We are absolutely going to address it," Blandino told NFL Network late Monday night. "Anytime you have a sequence like that at any point during the game, we want to see what happened and just walk through the steps of where the breakdown was. Regardless of the outcome of the game, we are going to address the situation with our crew."

Officiating controversy and Monday night games in Seattle have become almost a regular occurrence. For the third time



Seahawks cornerback Richard Sherman, right, contacts the ball before colliding with Bills kicker Dan Carpenter on Monday in Seattle. JOHN FROSCHAUER/THE ASSOCIATED PRESS

in five seasons, the day after a Seattle Monday win was spent breaking down the role of officiating mistakes in the Seahawks' victory.

The latest black eye for the refs came when Walt Anderson's crew chose not to flag Sherman for unnecessary roughness as he attempted to block Dan Carpenter's field goal attempt at the end of the first half. Sherman was penalized for being offside — and was determined to be unabated to

the kicker — but the play was not stopped in time to prevent Sherman from getting a piece of the kick and crashing recklessly into Carpenter's legs.

"Whenever it comes to player safety, we want to look at these fouls," Blandino said. "It's something that we

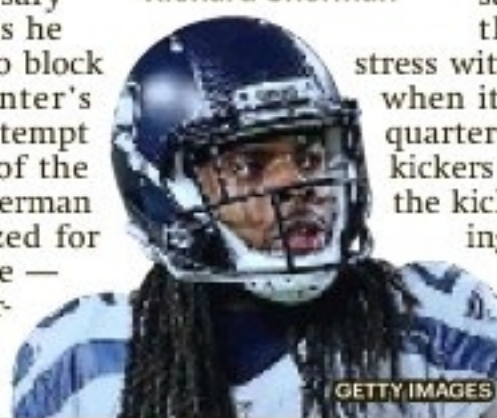
stress with our referees when it comes to the quarterbacks and the kickers with roughing the kicker and roughing the passer, so we certainly don't want to miss calls like that."

The fact that no unnecessary roughness call was made created a whole other set of problems — including an injury timeout against Buffalo that forced Carpenter off the field — that wasn't handled well by Anderson's crew. Most damaging for the Bills was the play clock not being properly reset as Carpenter lined up for a second field goal attempt, from 48 yards, and Buffalo being called for delay of game. After the five-yard penalty, Carpenter's attempt was wide right.

What seemed to be a chaotic mishandling by officials at the time proved critical in the final moments of the fourth quarter when Buffalo drove inside the Seattle 10 and needed a touchdown rather than just a field goal. THE ASSOCIATED PRESS

"I went to block the kick. I'm not going to let him make a kick."

Richard Sherman



GETTY IMAGES

IN BRIEF

Concussion replays being considered in soccer

Doctors could be allowed to watch TV replays of collisions from the touchline next season and then have matches stopped in response to growing concerns about the dangers of concussion.

Medics would be given time to assess if a player needs to be substituted, if the International Football Association Board grants approval in March.

THE ASSOCIATED PRESS

Halifax to host Fight Night

The UFC is returning to Halifax in February with a televised Fight Night event.

There is no word yet on the makeup of the Feb. 19 card.

The UFC's next Canadian show is UFC 206 on Dec. 10, marking a return to Toronto after an absence of more than three years.

The UFC's first visit to Halifax drew a loud crowd of 10,782 at the Scotiabank Centre.

THE CANADIAN PRESS

NEW ENGLAND

Patriots refreshed following bye week

Fresh off their bye week, the New England Patriots returned to the practice field Tuesday and players said they took advantage of the time off to get their bodies ready for the second half of the season.

The Patriots, 7-1 after reeling off four wins with Tom Brady back following his "Deflategate" suspension, open their second half at home Sunday night against the Seattle Seahawks.

"It was nice. Much-needed rest, mentally and physically, so hopefully everybody maxi-

mized that time, and time to get back to work," special teams captain Matthew Slater said before practice. "Our focus just needs to be as high as it's been all season and worry about preparing for Seattle. It will be one of the best teams that we'll see at any point in the season, so we have to be ready for the challenge."

With some of their bumps

and bruises healed, this is a healthy team that will have back running back Dion Lewis either this week or Nov. 20 at San Francisco.

The team traded Pro Bowl linebacker Jamie Collins to Cleveland at the start of the break.

To cap off their week, the Patriots got to watch their next opponent play Monday Night

Football, giving them a look at two mobile quarterbacks, Tyrod Taylor, whom they just faced in Buffalo, and Seattle's Russell Wilson, who nearly beat them in the Super Bowl two years ago.

"It's difficult any time you have a guy that's mobile that can make every throw on the field, is very accurate, is a very good quarterback in the pocket and yet when things aren't looking so good he can pull the ball down and try to run for a first down," Ninkovich said.

THE ASSOCIATED PRESS



"I think we did a good job, from what I've seen, of taking advantage of it."

Matthew Slater on the Patriots' bye week

RECIPE Baked Fried Chicken



PHOTO: MAAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Toss chicken into buttermilk in the morning and you'll get crunchy yet tender results come dinner time.

Ready in 1 1/2 hours

Prep time: 60 minutes
Cook time: 30 minutes
Serves 4 to 6

Ingredients

- 1/4 cup buttermilk (or add a tsp of vinegar to regular milk and let it sit for 15 minutes)
- 1 garlic clove, minced
- 8 or 9 chicken pieces (thighs and drumsticks)
- 1 1/2 cups whole wheat bread crumbs
- 2 Tbsp fresh thyme
- 1 1/2 tsp lemon zest
- Salt and pepper to taste

Directions

1. Combine the buttermilk and garlic together in a shallow pan container. Coat the chicken pieces thoroughly and cover with plastic wrap. Place in the fridge to marinate for a half an hour or up to over night. Turn the chicken pieces over at least once while marinating.
2. Preheat the oven to 400 F.
3. Mix bread crumbs in a bowl together with the thyme, zest and salt and pepper.
4. Dredge chicken pieces in the bread crumb mixture and place them on a baking sheet. Press bread crumbs onto the meat if some falls off.
5. Bake for 30 to 40 minutes until the outside of the chicken is deeply golden and the meat is cooked through.

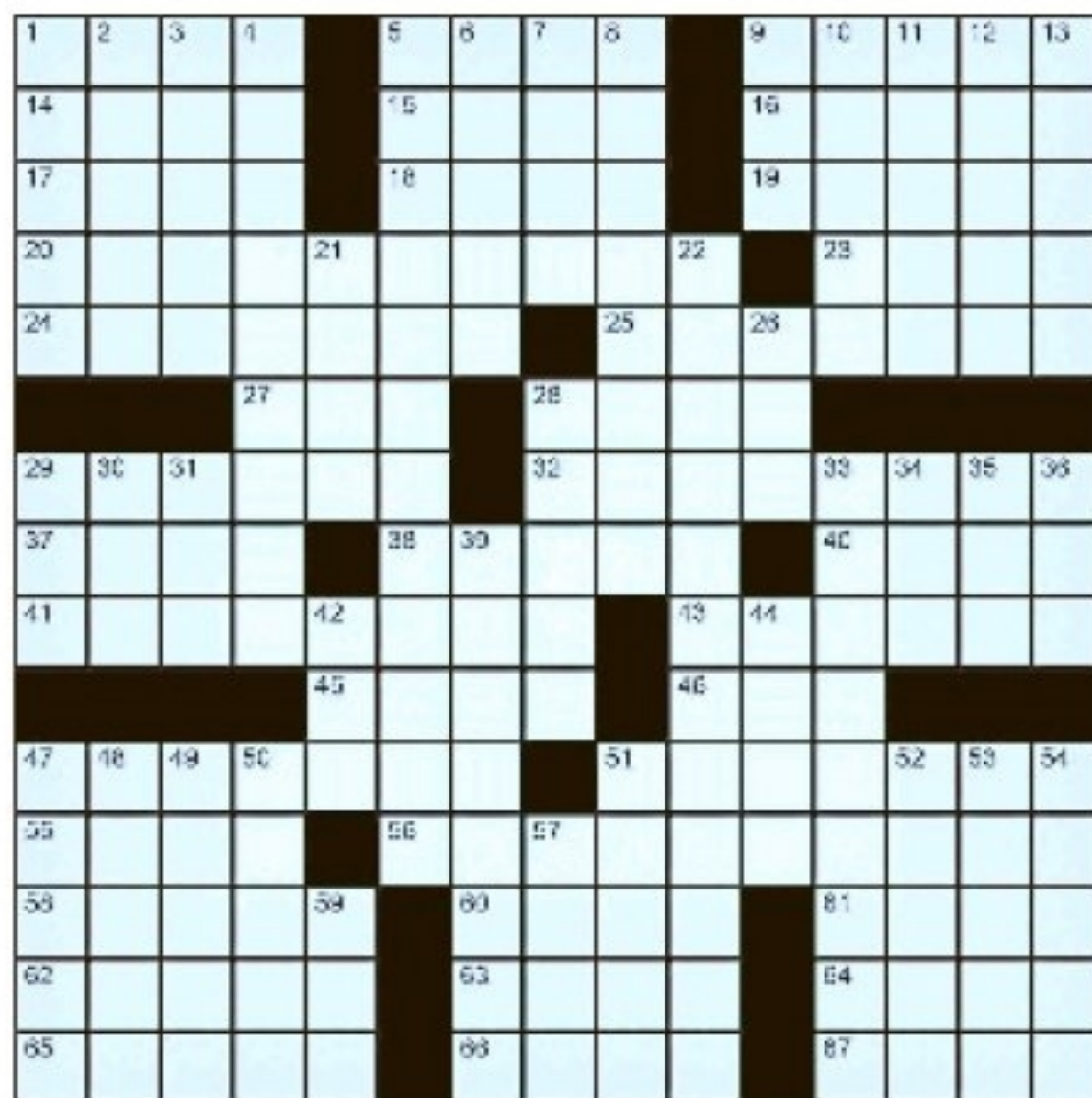
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Prefix to 'dextrous' (Skilled at right/left hand use)
5. Tickled throat toot
9. Basket-making fibre
14. Exhausted
15. Financial-related, briefly
16. Sales pitch
17. Dentistry fear, _ canal
18. Tip to 'tion' (Car's key spot)
19. Tea Leoni series, " _ Secretary"
20. Excess oil skin-care product
23. " _ Got Tonite" by Bob Seger
24. Ladies wear specialty sizes
25. _ and lightning
27. Fare vehicle
28. John and Jane
29. World's biggest desert
32. Quebec locale historically a mining town
37. Departed one's bio
38. Willow
40. Angel's adornment
41. Headquarters: 2 wds.
43. In disagreement: 2 wds.
45. Sidewalk bugs
46. Eyrie as Aery = _ sp.
47. Resort island of Spain
51. Concern
55. Throughout
56. International



car rental company with locations across Canada
58. Accent that should appear above the 'n' in El Nino
60. Break
61. Paperback's ID
62. Bill _ & His Comets

63. "Do _ others as you would have..."
64. 1971 Joni Mitchell album
65. Zzzzzz ...loudly!
66. Mr. Trotsky
67. Mr. Rogen

DOWN

1. "That's _!" (End-of-filming exclamation)
2. Canuck symbol
3. Boris _ , Montreal-born conductor
4. Detailed, as embroidery
5. Giller Prize-winning novel by Can-

adian writer Rohinton Mistry: 3 wds.
6. _ Boson, 'The God Particle'
7. Anglo-Saxon toiler
8. Canadian apple
9. 'Real' suffix
10. Lay eggs, as a salmon

11. _ over (Helped out in the interim)
12. Bequeath
13. " _ Gantry" (1960) starring Burt Lancaster
21. _ TASS (Russian news agency)
22. Comedy Network's new satirical news show premiering tonight, November 9th, 2016: 2 wds.
26. Function
28. Sees someone
29. Pre-Lah musical note
30. "The Wonder Years" actress, Olivia d' _
31. That guy
33. Barbecue servings
34. Little bit
35. Former
36. Emergency message at sea
39. City in Turkey
42. _ of soap
44. Field covering, on a rainy baseball day
47. Stowed sweater snackers
48. Tweety-like
49. Jiggly dessert
50. Harmony
51. Basil/pine nuts sauce
52. Supermarket lane
53. "Life _ _ a Dream" (Beyonce documentary)
54. "Buffalo Stance" singer Ms. Cherry
57. Melody
59. Middle

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Competition, especially in physical sports, will be strong during the month ahead. You want to outdo someone at his or her own game.

Taurus April 21 - May 21
Your ambition is aroused during the next six weeks, which is why you want to show the world what you can do. This is good, but don't be a threat to bosses and co-workers.

Gemini May 22 - June 21
You want to travel and break free of restrictions in the month ahead. However, you can use this same energy to study and explore avenues in publishing, the media, medicine and the law.

Cancer June 22 - July 23
Disputes about inheritances, shared property, taxes and debt will be your focus in the month ahead. Someone at work will be supportive of you.

Leo July 24 - Aug. 23
For the next month, you'll need patience when dealing with others, because fiery Mars is opposite your sign. This can make you impatient, critical and judgmental of others.

Virgo Aug. 24 - Sept. 23
During the month ahead, you will work hard, long hours. Your focus, endurance and stamina will make you the leader of the pack!

Libra Sept. 24 - Oct. 23
You will put out a lot of energy in the next month into having fun. Expect to be involved in the arts, the entertainment world and sports events.

Scorpio Oct. 24 - Nov. 22
In the month ahead, your home scene will be chaotic. Visiting relatives and residential moves or renovations means you have to be more patient with family members.

Sagittarius Nov. 23 - Dec. 21
Your ability to use your words to get what you want will be amazing during the month ahead. It's a strong time for those of you who sell, market, teach and act!

Capricorn Dec. 22 - Jan. 20
You will work hard in the coming month to earn money, because you're motivated! One of the reasons for this could be that you are spending a lot as well.

Aquarius Jan. 21 - Feb. 19
Fiery Mars is in your sign for the next six weeks, making you forthright and proactive. That's why you will get so much done. Look out, world!

Pisces Feb. 20 - March 20
Many of you will work behind the scenes or alone during the next six weeks. This is wise. You will get more done this way.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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